

THE NATIONAL FEDERATION EDITION

1977 AND 1978



FOOTBALL HANDBOOK

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THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

Foreword

FOOTBALL IS A GAME which, over the years, has been and remains the most popular and most exciting sport of the autumn athletic season. For more than 100 years it has been a school sport. Originated and first sponsored by colleges and universities, it was soon adopted by high schools and became a major part of the interscholastic athletic program.

MORE THAN ANY OTHER SPORT, football has identified itself with a particular season of the year. At most high schools, colleges, and universities, fall and football are synonymous. While many phases of the game itself are new and while some of its interesting adjuncts may have changed, the "Team," the "Big Game," the bands, the cheerleaders, the crowds, all patterned against an October sky, have become an integral part of school life.

WITH THE ACCELERATING GROWTH of football on every front, the need for a reliable, up-to-date reference, clearly explaining the various aspects of the game, becomes more and more important. To benefit and enjoy the game most, players must know the rules and must be able to adjust their strategy and tactics to take legitimate advantage of them. The spectator cannot appreciate the game to the fullest unless he is fully informed regarding the rules and their meaning. Properly trained officials can work effectively and properly execute their duties only if they understand both the spirit and the letter of the rules.

The FOOTBALL HANDBOOK is dedicated to this thrilling game. To the end that this purpose may be achieved, the primary and basic phases of football play are presented. They represent the foundation upon which the rules and administration of the game are constructed. Football is a complicated game and only those who thoroughly study its numerous facets can hope to become informed about it. This handbook establishes the basic principles for learning the rules and presents them logically, proceeding from the simple to the complex.

The FOOTBALL HANDBOOK is divided into six parts for convenience of the reader. Part I is a short resumé of the historical background of the game. It relates how the rules have evolved in changing the game from one of brute strength to one of skill and finesse.

PART II IS DIRECTED TO COACHES and deals with their responsibilities to students who participate.

PART III IS OF SPECIAL INTEREST TO PLAYERS. The Handbook is not a coaching manual and therefore does not describe skills and strategy but does provide players with a basic knowledge of the rules which is necessary if they are to play the game efficiently. A special section is devoted to the duties of the captain.

PART IV IS DIRECTED TO FOOTBALL OFFICIALS. The rules discussions in this section are extensive and exacting. They explain certain sections of the rules not covered in other National Federation publications. Included is the Code of Ethics for officials.

PART V IS SPECIFICALLY INTENDED FOR THE SPECTATOR. In this section are included a discussion of spectator sportsmanship and an explanation of the purposes of interscholastic athletics.

PART VI CONTAINS THE PLAYING RULES for Flag Football and Touch Football. The NATIONAL FEDERATION has published this FOOTBALL HANDBOOK with the belief and hope it will make a significant contribution to the appreciation of those who administer, coach, play and watch football.

FOOTBALL HANDBOOK

*4th punt fumble - * feel in bounds
ball where? * men on line*

*forward
lateral*



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National Federation Publications

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PART I

HISTORICAL BACKGROUND

The origin of the game of football is somewhat in doubt. There are references in history dating back to the ancient Greeks. It is reported Augustus Caesar ruled the game out as being too gentle to fit soldiers for war. At least one historian credits the Chinese with inventing the game about 300 B.C. with it enjoying popularity until 500 A.D. References in Shakespeare's plays to football players and other references place the popularization of football in England. Throughout its existence, football has been criticized for one reason or another. King Henry II, "became alarmed because his subjects were neglecting their archery practice and ordered football players to cease play." This ban continued for 400 years.

The honor of inventing modern football goes to early secondary schools of England—Eaton, Forrest, Rugby, Harrow and others. Until the early 19th century, these schools played a game based almost entirely on kicking a round ball. As such it distantly resembles soccer. In fact, running with the ball was expressly forbidden. In 1823 a young Rugbian named William Webb Ellis, "with a fine disregard for the rules of football as played in his time" caught a punt and ran with it for the only score of an important game. Because the game was played in Rugby, the new version with which running the ball was permitted came to be known as "Rugby".

Football as played in the United States is a blend of soccer and Rugby with other variations which set it apart from either of these sports. By 1860, football was being played regularly on the Boston Common by secondary schools including Boston Latin, Roxburg High, Dorchester High, Boston English and the Dixwell School. The rules of football were not standardized but these schools used the "Boston" game. The first intercollegiate game of record was between Princeton and Rutgers in 1869. This was the beginning of modern football. In 1876, the American Intercollegiate Football Association was formed and a set of rules adopted which were essentially those of the Rugby union with certain adaptations. At that time, "a team was composed of 15 players, 9 on the rush line, 1 quarterback, 2 halfbacks, 1 three-quarterback and 2 fullbacks."

As football began to grow in the United States, the Rugby scrum was replaced by the scrimmage-line which was through the center of the ball. The number of players on a side was reduced to 11 and they lined up opposite each other, crowding the line-of-scrimmage. The neutral zone was not developed until much later. The quarterback was assigned a position in which he was to receive the snap-back of the ball and was required to pass it backward or laterally to one of his teammates. He was prohibited from running with the ball.

By 1881, it was necessary to include in the rules a provision that

two overtime periods of 15 minutes each would be used to break ties. There is no indication how many times this procedure was used. In 1882 it was specified, "if a team, after three consecutive downs had not gained 5 yards or lost 10, it must give up the ball to its opponents at the spot of the last down". It was during this year signal calling was originated. For the most part, letters were used designating certain phrases. It was not until 1885 the use of numbers for this purpose came into being.

The scoring system in 1883 was revised to provide a safety scored 1 point, a touchdown 2 points, a goal from touchdown 4 points, and a goal from the field, 5 points. This was revised the next year assigning 4 points for a touchdown, 2 for a safety and 2 for a goal from a touchdown. In 1909 the value of a field goal was reduced to 3 points. It was not until 1912 the present value of 6 points was assigned for a touchdown.

Interference was first described in 1884 and was called guarding. This began a series of restrictions concerning the use of the hands in football. In 1888, a rule was adopted prohibiting blocking with extended arm. At the same time tackling was restricted to grasping an opponent above the knees.

The American Intercollegiate Football Association was disbanded in 1894 because several of the membership had discontinued football. This demise of the association caused the remaining schools sponsoring football to band together and, as a result, there was a major revision of the football code. The rules changed the length of the game from 90 minutes to 70 minutes. They also provided, no player could lay hands on an opponent who did not have the ball. The same year it was specified no play could be started if more than three men started before the snap. This permissiveness relating to men in motion led to the deep-back line and the flying wedge which almost killed football. The use of mass formations and running starts resulted in many injuries and caused great concern throughout the country.

In 1905 there was a concerted effort to outlaw football. President Teddy Roosevelt came to the rescue campaigning for rules changes which would save the game. He called a conference of representatives of Yale, Princeton, Harvard, and Pennsylvania at the White House early in 1906 prompted by the death of a West Point football player. Out of this conference came a realization that the rules must be changed to eliminate mass formations. In 1906, the rules authorized the use of the forward pass. The rules provided, "one forward pass shall be allowed to each scrimmage provided such a pass be made by a player who was behind the line-of-scrimmage when the ball was put in play and provided the ball, after being passed forward, does not touch the ground before being touched by a player of either side". They also increased the distance the offensive team must gain in three downs from 5 to 10 yards. The requirement the offense must gain 10 yards during a series popularized the forward pass.

The following paragraph from the preamble of the 1906 football

rules will emphasize the critical nature of rough play and the need to eliminate it if football were to survive:

"The committee believes that football, like all games involving personal contact of players, must be dependent for its quality and continuance upon the spirit in which the game is played. Improvement in this spirit is measured by the degree in which unnecessary roughness and unfair play are eliminated. This elimination cannot be affected by rule makers, but it can be accomplished by a strict enforcement of the rules and by the drastic punishment of habitual offenders by the institution which they represent."

The 1906 rules committee appointed a subcommittee to, "aid in the more intelligent and efficient enforcement of the rules." The committee increased the penalties for offenses of a brutal nature and formally urged that all institutions playing under the intercollegiate rules bar from participation in any game for at least one year any player disqualified twice during the season for such play. The penalty for such fouls at that time was disqualification and half the distance to the goal.

In 1907, President Teddy Roosevelt in a speech at Harvard set forth a philosophy for football which serves as the basic philosophy for interscholastic and intercollegiate athletics. He said:

"One reason why I so thoroughly believe in the athletic spirit is because that spirit is essentially democratic. Our chief concern should not lie in the great champion in sports. On the contrary, our concern should be most of all to widen the base, the foundation in athletic sports to encourage in every way a healthy rivalry which shall give to the largest possible number of students the chance to take part in vigorous outdoor games. It is of far more importance that a man shall play something himself even if he plays it badly than that he shall go with hundreds of companions to see someone else play well and it is not healthy for either students or athletes as a team are mutually exclusive."

Such support allayed some but not all of the fears concerning football.

There were also skeptics of the recently adopted rules changes. In his review of the 1906 season Walter Camp stated:

"The rules of 1906 put an effective end to that method (using mass formations) by making the demand that double the distance, namely 10 yards instead of 5, must be netted in every three downs or the ball surrendered. Under the old rule of but 5 yards to 3 downs, a forward pass even if allowed, would never have been attempted until in dire extremities and the pass for a long end run was not worth the risk involved. As soon as the demand for greater distance was enforced the premium upon possession of the ball was correspondingly lessened and this, in connection with the onside kick, the restriction of dropping a

lineman back and the forward pass produced a game of more brilliant possibilities, less severe pounding, more strategy and of a generally far more open character. The new rules made way for the lighter, more active and aggressive dodger. There was still plenty of room for the heavyweight lineman but he became no longer a deciding factor. The quick back, the long passer, the good kicker, at once became essential to a well rounded team and those elevens which, believing the theory of the new rule based upon delusions, stuck to the old methods, soon found themselves so thoroughly outclassed that they speedily turned about and learned the new style."

Hence, the season, even in spite of many forebodings upon the part of those who said the new rules would ruin the game, became a most remarkable demonstration of the fact that teaching an old dog new tricks will sometimes at least prove beneficial.

The rules were constantly being evaluated in an attempt to encourage a distinctive game and gradually the importance placed upon kicking was diminished. The rules were liberalized to permit more players opportunity to participate. In 1910, the substitution rule was changed to permit a player who was removed to return in a subsequent period. Previous to this, any player who was replaced was not permitted to re-enter. This liberalization continued and in 1917 it was changed to permit additional substitutes to enter the field but they were restricted from talking to players on the field until after one play. In 1936 this was changed in the high school rules to permit communication immediately after reporting. In 1937, the high school rules provided a player who was withdrawn during the 4th quarter may re-enter once. In 1939 a replaced player was permitted to re-enter once during any period. The rule was changed in 1941 to permit a player to re-enter any number of times throughout the game. This change presented a new problem which was corrected in 1942 when a rule was adopted to provide it was unsportsmanlike conduct to use a substitute to deceive. It was not until 1951 that unlimited substitution was adopted by the high school rules committee.

The changes in the game also resulted in changes in equipment. In the early days, football rules did not require players to wear any particular equipment nor were standards for equipment specified. In 1888 there was a reference in the rules requiring the wearing of canvas pants and jackets. Later, players added quilted trousers padded with hair felt, long woolen stockings and shin guards for the men playing in the forward line. Early shoes consisted of ordinary canvas or leather baseball shoes with leather pieces nailed across the sole to prevent slipping. Near the turn of the century, some attention was given to the matter of protection and rubber nose guards came into use. Long hair was a forerunner of the helmet but it was discounted as a fad. This was followed by helmets made of strips of padded leather and with a covering for the ears. Other pieces of equipment were developed, such as a shoulder and hip pads. In 1924, the rules

specified "shoulder guards must be padded outside as well as inside and cleats must not be dangerously sharp."

Over a period of years changes in the rules in the elimination of some types of equipment and improvements in basic design. Shin guards disappeared along with outlawing the flying wedge, the V formation and the deep-back line. Football pants gradually changed from those including pads to the present pants made of close fitting nylon with separate pads made of plastic combined with sponge rubber padding. A light nylon jersey fits tightly over shoulder pads which cover the entire sternum with large epaulets protecting the deltoid muscles. The entire shoulder girdle is protected by plastic covered with rubber to distribute and absorb each blow.

It was not until 1935 that the high school rules required players to wear helmets. Playing without the helmet in football was believed by some to be a badge of courage much like it is at the present time in hockey. The 1935 change provided a player who was not properly equipped or who was wearing illegal equipment was not permitted to enter the game. In 1945 a change was adopted providing discarding the head protector resulted in a loss of 5 yards. It is the responsibility of rules committees to specify equipment to protect players whether on offense or defense. Because past rules committees have met this responsibility, there has been a continuous though gradual improvement in football equipment.

The most recent development is the adoption of standards for the football helmet. The modern helmet, consisting of a plastic shell with padded inserts or suspension, was introduced in 1938. There have been a number of helmets on the market which have not afforded players adequate protection. In an effort to evaluate the protective qualities of helmets, the National Federation, in cooperation with other organizations concerned with football safety, formed the National Operating Committee on Standards for Athletic Equipment (NOCSAE) in 1971. This organization supervised the testing of football helmets and the establishment of a standard for testing their protective qualities. As a result, many unsatisfactory helmets have been removed from the market and players will have better head protection in the future. It is recommended only those helmets which carry the NOCSAE stamp of approval be purchased. Beginning in 1980, each player must be equipped with a head protector which carries the NOCSAE stamp of approval.

Football is a contact sport which demands courage. Vigorous contact is encouraged, but rough tactics and unfair play are prohibited. This has been so since the reformation of 1906. Certain acts are prohibited and the penalties for them are severe. Striking an opponent with a fist, elbow, forearm or with locked hands, at one time, was penalized by disqualification and a distance penalty of half the distance to the goal line. This distance penalty has since been changed to 15 yards, but disqualification remains mandatory. Clipping first

became a foul in 1925. The seriousness of the foul was not appreciated until the game opened up and at that time the penalty was increased to 15 yards. Spearing, that is the act of maliciously driving the head into a helpless opponent, became a personal foul in 1971. In 1975, it was designated as a disqualifying foul. In 1973 in an effort to reduce knee and ankle injuries, blocking below the waist in a six yard belt extending sideline to sideline on either side of the neutral zone by a player who was not in the free-blocking zone at the time of the snap was prohibited. In 1974, blocking below the waist during kicks, except to stop the runner, by players of either team, was prohibited. The purpose of these restrictions was to reduce injuries to the ankles and knees.

There were two significant decisions relating to development of the high school football rules as we know them. The first was in 1932 with the adoption of the National Federation football rules on an experimental basis by three states. It was contended by those responsible for producing the 1932 edition, "the rules could be written in a simpler form without destroying any aspect of football whatever." A separate rules committee was established, consisting entirely of high school representatives who devoted their entire energy to developing a simplified code of rules adapting football to the secondary school level. This was hastened because the National football rules committee, consisting of college representatives, did not wish to extend voting privileges on the rules committee to high school representatives.

For 25 years the high school and college rules committees went their separate ways writing two different codes of football rules. At the end of 1947 and early in 1948 a tentative agreement was reached to produce a joint high school-college code. This was done after negotiations and a great deal of give and take on the part of both rules committees. In 1948, agreement had been reached to publish identical rule books. The one published by the National Federation contained the copy mutually agreed upon. At the last moment, the college committee withdrew its support and decided to publish its own rule book. The efforts of the committees were not wasted inasmuch as the 1948 rule book was a complete recodification of the football rules and served as the foundation upon which the present rule book is built. It was the beginning of the elimination of exceptions to various rules.

One of the reasons the National Federation began writing football rules was to make football safer for high school boys. The interscholastic football rules committee and the various leaders in interscholastic athletics urged coaches and officials to use every means to make the game safe. This included properly conditioning players and a recommendation that no interscholastic game be played until players had had a full three weeks of practice. Because statistics prove many injuries occurred at the beginning of the second half, the intermission between halves was increased from 12 to 15 minutes and later to 18 minutes with a mandatory three minute warm-up time.

FOOTBALL CHRONOLOGY

- 1860—Competition was held between secondary schools in Boston after football had been banned at Harvard.
- 1876—The American Intercollegiate Football Association was formed.
- 1878—Canvas pants and jackets were required.
- 1880—The number of players on a side reduced to 11. The scrum was replaced by the scrimmage line through the center of the ball.
- 1881—Two overtime periods of 15 minutes used to break ties.
- 1882—First use of signals for calling plays (these consisted of sentences or letters which started sentences).
- 1888—Rule prohibited blocking with extended arms. Tackling was restricted to above the knees.
- 1894—American Intercollegiate Football Association folded. Game length was reduced from 90 to 70 minutes. Rule adopted no player may lay hands on a player without the ball. Early limitation on men in motion specified no play to go if more than three men start before the snap.
- 1909—Value of field goal was reduced to three points.
- 1910—Substitution rule was liberalized to permit player who was removed to return in a subsequent period. Game was divided into four 15 minute quarters.
- 1912—Team was given four downs to gain ten yards. Field length was 100 yards with an extra space of 10 yards behind each goal as the area in which the offense could legally catch a forward pass.
- 1913—The first numbering of players.
- 1917—Substitutes could not talk to players on the field until after one play.
- 1922—For a try, the ball was put in play by scrimmage from the 5 yardline. Previously the try was where the scorer crossed the goal line.
- 1926—A penalty of 5 yards and loss of down for incompleting forward passes after the 1st one in a series.
- 1927—Goal posts moved 10 yards back to the goal line.
- 1929—The ball put in play from the 2 yardline for a try.
- 1930—Backward passes and fumbles going out-of-bounds were awarded to the last team touching the ball.
- 1932—Publication of National Federation Football Rules.
- 1934—Increased the side zone to 15 yards. Changed the size of the ball.
- 1935—Required helmets. Specified the kicker may not be out-of-bounds. A player contacting the goal posts was considered

inbounds in certain situations. Provided the ball could not be snapped to lineman.

- 1936—Substitutes were permitted to communicate after reporting. Kickers permitted to advance kick recovered behind their line.
- 1937—Player withdrawn during the 4th quarter could re-enter once. Prohibited a player from being prostrate on ground at the snap.
- 1938—Adopted the term, loose ball to replace free ball. Intentionally batting or kicking a loose ball was a fifteen yard penalty.
- 1939—Substitution rule liberalized to permit player to re-enter once during any period. Backward pass or fumble out-of-bounds after simultaneous touching awarded to the player of the team last in possession.
- 1940—Complete rewrite of the forward pass rule to provide the pass could be completed regardless of the number of A players who touched it and the penalty for all forms of interference by the offensive team were the same.
- 1941—Approved a molded ball. Player may re-enter any number of times. Player going out-of-bounds and returning to touch the ball of an opponent is illegal participation. Provided there may be pass interference only if the pass crosses the line.
- 1942—Offense is given the same rights as the defense in using the hands to get at a loose ball. Scrimmage-kick became dead immediately when it touched in R's end zone. Uses of substitutes to deceive was declared unsportsmanlike conduct. Provided for first touching of the scrimmage-kick. Permitted more than one forward pass during a down.
- 1943—Ineligible lineman permitted to receive a ball handed forward behind the line under certain conditions. Free-kick in R's end zone was a touchback. Permit field goal to be scored by any free-kick.
- 1945—Permitted the use of a 3-inch dirt T for free-kicks. Penalty for discarding the head protector was loss of 5 yards. The scrimmage-kick touched beyond the line by R and recovered by K is first down for K.
- 1946—Legalized pliable kicking Tee. Failure to have 7 players of the offense on the line, offside. A backward pass or fumble out-of-bounds awarded to the team last in possession.
- 1947—Introduction to the foul for an offensive lineman to draw the defense offside. Whenever the drop-kick was used as a return kick, a field-goal could be scored.
- 1948—High School rules recodified. Penalty for foul during a backward pass or fumble was loss of the ball at the spot of the foul.

- 1949—Defined loose ball. Extended period for a foul by B during the last timed down of a quarter.
- 1950—First mention of the ball with striping. Permitted any player to recover and advance a backward pass or fumble. Kicking team prohibited from kicking beyond the neutral zone. Introduced the intentional interference penalty.
- 1951—Coaches box was specified. Unlimited substitution adopted.
- 1952—Composition covered balls or white or artificially colored balls for night games were legal by mutual agreement. Five yard penalty for player being out of the team box.
- 1953—A tan ball with white stripes was standard but not required. The snapper was permitted to have his fingers over the front end of the ball.
- 1954—Legalized the use of plastic face masks and prohibited all types of hide-out practices.
- 1955—Urged the use of face and mouth protectors. Also urged the use of shoes with cleats molded to the sole.
- 1956—Required a player going in motion, other than the quarterback, from less than 1 yard behind the line to be 5 yards behind the line at the snap. Adopted the automatic provision of penalty acceptance when there was a score.
- 1957—Prohibited the use of transverse stripes on the sleeves below the elbow. Defined false start. Made grasping the face mask illegal. Permitted one player-coach conference during a charged time-out.
- 1958—Recommended the numbering system for players by position. Provided the ball becomes alive even though the snap may be illegal.
- 1960—Required flags. Required the face protector. Defined the free-blocking zone.
- 1961—Prohibited the use of lime or caustic material for marking yardlines.
- 1962—Required the use of tooth and mouth protector. Prohibited the blocker from swinging his arms in blocking.
- 1963—Provided a player cannot participate without required equipment. Legalized the use of a two-inch kicking tee. Clock start when a free-kick is legally touched.
- 1964—Players on the same team may not wear identical numbers. Referee may correct obvious timing errors. Ball is dead if a scrimmage-kick rolls to a stop and is touched by kickers.
- 1965—Legalized the use of bandages on the forearms and hands to protect existing injuries. Return kick eliminated. Restricted the snapper from tilting the ball more than 45°.
- 1966—Defined artificial hand, arm, or leg as illegal equipment. Clock stopped following 1st down or change of team possession.

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- 1967—Clock started with the ready, if a foul were the only reason for it being stopped. Length of time-outs limited to 1½ minutes. Two team attendants were permitted on the field during charged time-outs. Additional 15-yard penalty when unsportsmanlike conduct foul followed another foul.
- 1968—Flags or pylons required. Restricted the use of mechanical visual aid equipment for coaching. Inaugurated the first touching of free kicks. Fair catch signaller may not block. Ineligible may not be beyond the expanded neutral zone. Failure to wear required equipment—15 yards.
- 1969—Permitted punt to be used as a free-kick following a safety. Permitted coach-official conference to discuss ruling. Foul preceding the snap caused the ball to remain dead. Try from 3 yardline with two points for touchdown and 1 point for field-goal. Unsportsmanlike conduct to throw the ball from the field following a score.
- 1970—Recommended use of four officials. Required player to leave on his side of the field following substitution. Following a fair catch signal the ball cannot be advanced unless touched by K. Removed loss of down for ineligible downfield. Adopted clean hands policy. Offensive player contacting the goal post not out-of-bounds.
- 1971—Goal widened to 23'4". Cleats limited to ½" length maximum. Defined spearing. Defensive player is prohibited from shoving his teammate on the line to add momentum. Spiking the ball declared unsportsmanlike conduct.
- 1972—Required the use of tan ball with solid stripes. Down replayed if an inadvertent whistle during a kick or while pass is in flight. Authorized extending playing time to resolve ties. Restricted blocking-below-the-waist in the 6-yard belt.
- 1973—Authorized the use of an auxiliary down marker. Declared the chin strap required player equipment.
- 1974—Limited the lace on the football either eight or twelve laces. Permitted any player to request a time-out. Delay of game if a player is not equipped at the time of the free-kick or snap. The ball cannot become alive on a snap infraction. Prohibited blocking below the waist during kicks. Adopted NOCSAE standards for helmets.
- 1975—Recommended plan for breaking ties. Reduced the number of charged time-outs to three. Provided injury time for designated injured player who left the field was an official's time-out. Defined spearing has a disqualifying personal foul. Prohibited a player of the passing team to bat a backward pass forward.
- 1976—Eliminated offside during any scrimmage down. Prohibited players from making initial contact with facemask or helmet when blocking or tackling.
- 1977—Removed offside from free-kicks. Liberalized the use of the hands by offensive team in blocking. Required thigh guards.

PART II

COACHING RESPONSIBILITIES



Sports are a vital, cultural expression of America. They are as expressive of the American way of life as are the freedom of speech, the right to vote, schools and choice of church. Participation is neither compulsory nor mandatory. Sports portray the true character of America and they are filled with vitality, with ideals and opportunities. The type of sports having the greatest impact on the public is in the field of interscholastic athletics. Athletics are prominent in school and college programs. They are conducted by the schools because they make definite contributions to the fundamental purposes of education and democracy. Therefore, activities

in the interscholastic program must be selected on the basis of their potential contribution to the purposes of education. Mere participation in the interscholastic sports program is no guarantee educational outcomes will accrue. If athletics are to properly contribute to the education of the participant and spectator, the total program must be conducted on a high plane by leaders who clearly understand its goals and who seek intelligently to attain them.

Traditionally, football has played a prominent part in the interscholastic athletic program of schools because it provides unique experiences which contribute to the democratic way of life and to the development of desirable character and personality traits. Participation in and practice for interscholastic competition provides boys with the opportunity to learn how to cooperate and to sacrifice one's personal, selfish interests for the greater welfare of the group. Boys learn to cooperate as members of a team by actually doing so, not by reading or listening to lectures about it.

Competitive experience also enhances the respect for differences in people. Respect for an individual because he is a human being, not because his father has money, or his family is listed in the social register, are lessons which can be and are being learned on the football field. Participation in the game establishes the principles of sportsmanship, fortitude and fair play, and at the same time, places a premium on stamina.

Participation in athletics requires a physical effort and some sacri-

fice. This may be more true in football than in other sports. With this in mind, why bother with football? To the player, football offers many things. To participate, one must learn some physical skills such as blocking and tackling, but most important, one learns to become tough mentally. Football, as well as other sports, will provide opportunities to learn the true meaning of friendship. Through athletic participation, one learns about loyalty; to friends, to school, to the community, and above all, to one's self. Athletic participation illustrates that hard work, persistence and physical sacrifice will be rewarded. All of this takes place under the guidance of men who care about boys more than they care about personal aggrandizement.

Interscholastic athletics have been likened to atomic energy in that they possess tremendous power, either for good or for evil depending upon the way in which they are conducted. They may develop health or they may weaken it. They may produce the good citizen or the thug. They may fulfill their true function as a great medium of education of youth, or they may be misused to glorify a coach, a school, a faculty, or to entertain the public. During the last two decades, the opportunities for a student to benefit from participation in football have expanded to the extent that 14,281 schools now provide football experiences for more than 1 million students. Parents and teachers can observe boys changing from children into young men while playing football. They grow in body strength, maturity and spirit while competing as team members in the sport. Participation in interscholastic athletics provides opportunities for young men to learn lessons which cannot be learned either in the classroom or in the home.

In answer to the question, "Why participate in athletics?", the answer comes through loud and clear, **IN ORDER TO BECOME BETTER MEN.**

Safeguarding the Health of the High School Athlete

Participation in high school athletics is a privilege involving both responsibilities and rights. The athlete's responsibilities are to play fair, to give his best, to keep in training, and to conduct himself with credit to his sport and to his school. In turn, he has the right to optimal protection against injury, as this may be assured through good conditioning and technical instruction, proper regulations and conditions of play and adequate health supervision. Careful attention to each of these factors will help assure a safe and healthful experience for players.

Proper conditioning helps to prevent injuries by hardening the body and increasing resistance to fatigue. Prospective football players should be given directions and activities in order to prepare their bodies for competition. These activities may vary from sport to sport with special emphasis upon the groups of muscles used for a given activity. Such

practices should be followed well in advance of the season opening. This conditioning will depend upon the time of year and the sport in which the boy will become involved. There should be a minimum of two weeks of practice prior to the first interscholastic game or contest. In the case of football, at least one week of the early season practice should be conducted without pads and without contact. During the season in any sport, each player should be reminded to warm-up thoroughly prior to participation. This is particularly true in football because of the possibility of injury if muscles are not properly loosened up.

Careful coaching leads to skillful performance which lowers the incidence of injuries. Coaches will use every means to provide safety while teaching techniques and the elements of play. In planning practice schedules, they will use progressive steps on preparing participants for a full-out performance whenever contact is involved. They will also teach boys how to brace themselves for contact. Because coaches are concerned with the health and welfare of participants, they will discourage the use of any tactics which may increase the hazards of football and thus possibly increase the incidence of injury. Certainly no competent coach would ever teach any tactic which was designed to injure a player or his opponent. It is the coaches' responsibility to carefully plan practice periods of reasonable duration so boys do not become fatigued and more susceptible to injury. During the game, if boys have become fatigued or there is any evident disability, the coach will immediately make a substitution so an injury is not aggravated or a fatigue factor added to the possibility of an injury.

Good officiating promotes enjoyment of the game as well as protects the players. When an official accepts a game assignment, his responsibility is definite and well-defined. The protection and welfare of the players are paramount, and with this there can be no compromise. Any official, who fails to promptly discharge his responsibility of penalizing for an infraction, is delinquent and unqualified to officiate interscholastic games. Coaches must know the rules in order to teach them to the players. In this regard, all rules should be strictly enforced in practice periods in order for the participants to form good habits which will carry over into the game. Without proper rules knowledge, coaches cannot design offenses and defenses which will be acceptable.

Proper equipment, as specified by the rules, serves to protect the players. In football, it is necessary the best protective equipment be provided. This is the least expensive in the long run. Careful attention must be given to be certain the equipment is properly adjusted and fits correctly. Ill fitting equipment may be more of a hazard than protection. Players should be certain to exchange equipment whenever it becomes damaged or does not fit properly. Equipment must be properly maintained and outmoded items discarded.

Adequate medical care is a necessity in the prevention and control of athletic injuries. Before any boy participates, he must have a thorough medical examination which includes a health history. Knowl-

edge of past illnesses, injuries, operations and immunizations is necessary for proper medical evaluation. It is advantageous for the candidate's personal physician to conduct the health examination because he is already familiar with the boy's past health history. A physician should be present at all contests or readily available so he may be summoned immediately. After an injury for which a boy is removed from a game and misses practice, no athlete should be permitted to return to practice or competition until authorized by a physician. The medical care given athletes by coaches or trainers is limited to first aid and medically prescribed services.

By adhering to the foregoing principles, athletes can be reasonably assured that they will have a safe and healthful experience.

STATE HIGH SCHOOL ASSOCIATIONS

The public high schools of every state cooperate in establishing and maintaining high standards and ideals for interscholastic programs through the promotion and management of state high school athletic or activities associations. These associations, or leagues, vary in organization from one state or province to another, but their purposes are the same. They are designed to provide, promote and administer athletic programs for high school students at the district, regional and state levels. Through cooperative efforts, uniform and equitable rules for participation in interscholastic athletics are established. Each state has certain standards of play, eligibility, length of season for various sports and number of games a school may schedule.

To some students and laymen, these standards may seem highly restrictive and unnecessary. Some have questioned the necessity of such rules and regulations. The purposes of the rules are to protect students, making certain they compete only against opponents who are bona fide students in the same age bracket and maturity level. The standards also equalize competition by specifying the number of practices required before the opening of season and the number of games in which schools may participate. They further provide greater opportunities for students to participate through the establishment of realistic standards of competition.

The rules and regulations adopted by state high school associations also protect the school program and students against exploitation by those who would have the interscholastic program serve other than the educational objectives. The high school athletic program is the last bastion of amateur competition. Because of this, it continues to be an attractive and successful program. Due to its success, there are those who would try to use it for their own personal or financial gain. The privilege of large numbers of students to participate in

school athletic activities has been brought about by efforts of thousands of school leaders, principals, coaches, athletic directors and state school officers who have spent many years in developing sound, interscholastic programs which supplement the education of youth.

Each state high school association was developed to protect the best interests and welfare of those who participate in secondary school athletics. Every player owes it to himself and to his school to become familiar with the standards of eligibility and participation and the policies of the state high school associations. He is obligated to adhere to the spirit as well as the letter of these rules. If he does not follow the standards as prescribed, he is not eligible to represent his high school in interscholastic competition. Athletic directors, coaches or principals can supply students with necessary information concerning their state high school association or league.

Each student should be able to answer the following questions concerning eligibility rules in his state:

1. Age -----
2. Number of seasons of participation -----
3. Number of semesters of attendance -----
4. Participation of teams outside the school -----
5. Acceptance of awards -----
6. Physical examination -----
7. Scholarship -----
8. Playing with or against professionals -----
9. Transfer from one school to another -----
10. Post-season participation -----

One of the most important functions of the state high school association is the training and evaluation of athletic officials. Not all state associations accept this responsibility but the vast majority do. While each system has characteristics of its own, all plans have certain fundamentals. Registration is through the state high school association office. Schools which are members of the state association will not use officials unless they are properly registered and approved.

Training programs for officials in each sport not only raise the quality of officiating but also have a great influence on the entire program of sportsmanship and on the healthy relationship between officials, coaches, administrators and schools. The officials' training program is inseparably linked to the total athletic program. Because of its importance, it is the responsibility of schools to supervise and give direction to the work of officials. When this is not done, groups which are not directly connected with the educational program often assume responsibility for this part of the work, and under such circumstances, there can be no assurance that athletic policies are being properly guided by those in positions of responsibility by the schools.

State associations meet their responsibilities by providing training programs in the form of rules interpretation meetings held in con-

venient locations throughout the state in order to serve all who wish to become officials. These meetings are conducted for the purpose of studying rules changes and the application of specific rules. There is also time devoted to the mechanics of officiating which is important to the overall efficiency of those administering the rules.

Those states conducting football playoffs have an opportunity to reward officials for their accomplishments during the year. The most proficient officials are usually assigned to playoff games at district, regional and state levels. Because the assignment is through the state high school association office, only those who have met specified requirements may be assigned these important games. Officials look to this as a means of recognizing their accomplishments. This gives officials something to strive for, and as a result, also helps improve the total program.

PART III

PLAYING THE GAME



The football handbook is not intended to be a coaching manual. The matter of playing skills, systems of offense and defense, along with game strategy, are properly left to the coaching staff. Whether a student will rise to the heights as a football player will depend upon his natural skills, attitudes, willingness and his ability to absorb the instructions and teaching of his coaches.

A student must remember a football player cannot become proficient unless he has a working knowledge of the rules. Without rules or without proper enforcement of the existing rules, the general atmosphere of the game would be such as to prevent the use of playing skills and strategies which have been acquired. The purpose of this section is to familiarize players with rules of the game.

The rules are positive. They should not be looked upon as something negative or a long list of prohibitions or requirements which are to be broken when an official is not looking. A prepared list of permitted acts during a football game would be much longer than the list of prohibitions in the Rule Book. As a player, some of the things permitted are to run, jump, throw the ball, kick, tackle and block. The only reason there are rules is to prevent any opponent from depriving a player from effectively using football skills by illegal means. For instance, it would be difficult to become a great kicker if the defense were permitted to block or tackle him following the act of kicking. The rules discourage roughing the kicker. Similarly, becoming an outstanding linebacker would be nearly impossible if the rules did not prohibit offensive players from using their hands and from holding the defense to keep them from getting to the runner. The rules are to benefit all players, both on defense and offense.

DUTIES OF THE CAPTAIN



One of the eleven players on each team must be designated as team captain. This is not merely an honorary designation. The captain has many important duties to perform before and during the game. Players are chosen or assigned this duty not only because of their skill as players or because of popularity but also because of leadership qualities under fire. Generally, co-captains are selected so there will always be a captain on the field.

The purpose of this section is to briefly explain some of the duties and responsibilities of the captain so far as the rules of the game are concerned. The captains must know the rules better than any other player. The basic fundamentals will help them perform their duties.

1. Communicating With the Officials (Rule 1-4-1): The captain is the only player permitted to communicate with the officials except for requesting time-outs. His decisions, related to the choice of options offered by the referee, are final and cannot be changed or revoked. He may not request a time-out to confer with his coach before making these decisions. The captain is privileged to request a brief interpretation of the rule on which an official may have based a decision or ask the identity of the player who may have committed a foul. This privilege exists only if the request were made in a courteous manner. The captain may not question an official's judgment. For example, he may ask an official to explain why he called an illegal shift or he may request the identity of a player who committed an infraction, but he may not question an official's right or judgment in making the call.

The captain's responsibility does not end with communicating with the officials. He has the responsibility of cooperating with the officials whenever possible. For instance, the captain should instruct the players on his team to hustle in resuming their playing positions after the end of the down. This may prevent the need for an official to penalize for delay. In some games where play has a tendency toward increasing roughness, the only action an official can take to curb this is to penalize for personal fouls or perhaps disqualifying one or more players. Officials are not obligated to warn players to discontinue such tactics. A captain, who is aware of the situation,

can talk to his players during the huddle or time-outs and warn them of the dangers of continuing rough tactics. Sometimes the referee will suggest to the captain he do just that. Whenever such requests are made the captain should give wholehearted cooperation immediately.

2. **Captain's responsibility in reducing length of game (Rule 3-1-2):** Any remaining period or periods may be shortened at any time by mutual agreement of the opposing captains and the referee. There may be several reasons for shortening periods under this particular section. The reasons could be other than bad weather. One reason may be that one team is so completely outclassed by its opponent it would be beneficial to both teams to discontinue the contest. Another reason may be because of injury to several players, a team may not have sufficient substitutes to continue. In any event, the captain will represent his team as spokesman in conference with the referee and the captain of the opponents. Only one captain from each team shall be present during this conference. Reasons for shortening the game will be considered individually as the occasion requires. Prior to reaching this decision, it is permissible for the captain to consult with his coach during an official's time-out.

3. **Choosing One of the Two Toss Privileges (Rule 3-2-1):** Each captain will appear as a representative of his team for the coin toss ceremony before the start of the first half. If the team has elected co-captains, both but never more than two, may appear for the pre-game coin toss. If two captains do represent a team, one must be designated as the spokesman, and he alone will choose the options and discuss them with the referee. The spokesman shall be designated prior to going onto the field and this information should be conveyed to the referee in advance of the toss. It is permissible for the coin toss to be held in the dressing room before the teams appear on the field. When this option is exercised, the toss is then repeated at mid-field before play starts.

The purpose of the mid-field ceremony is two-fold. First, to introduce the officials to the team captains and the captains to each other. Second, to determine by means of the coin toss how the game is to be started. The referee will serve as chairman and, following introductions, he will designate one of the captains, usually the visitor, to call the coin when tossed. The winner of the toss may choose the goal his team will defend during the first quarter or he may choose to either kick off or receive. The loser of the toss has the remaining options. To begin the second half, the captain who lost the coin toss will have his first choice of the two options.

If the game ends in a tie and an overtime is to be played, the captains will represent their teams during the coin toss preceding the overtime. A similar procedure as used prior to game will be followed but the winner of the toss will have different options. He may choose whether to go on defense or offense or designate at which end of the field the ball is to be put in play. The loser of the toss will have the

other choice. If more than one overtime period is required, the first choice of options will be alternated.

4. When is a period extended? (Rule 3-3-4): There are four occasions when a period may be extended by an untimed down. These are defined in 3-3-4. A period may not be extended for any other reason.

- (1) If a touchdown were scored during the last timed down of a period, the try-for-point will be attempted as a part of the same period and before any change of goals. The try is a scrimmage-down which is neither numbered nor timed. If it is necessary to replay a try because of a foul, the replayed down will also be during the same period.
- (2) If there were an inadvertent whistle and the down is to be replayed, the period will be extended by an untimed down.

Play—Near the end of a period, there is an inadvertent whistle while: (a) a legal forward pass is in flight; or (b) a kick by K1 which was blocked by R1 is rolling on the ground; or (c) a pass by A1 which is thrown from beyond the neutral zone is in flight. In (a), (b) and (c) time expires during the down. **Ruling**—The down will be replayed in (a) and (b) and the period extended for this purpose. Since there was an inadvertent whistle in (a) and (b), the down must be replayed. Because the down during which the whistle was inadvertently sounded in (a) and (b) started before time expired, the replayed down will be untimed. In (c) an inadvertent whistle during an illegal forward pass does not cause the down to be replayed. The ball belongs to A at the spot of the illegal pass. From that spot, A will be penalized 5 yards, the down counted and the period will be ended.

- (3) When there is a foul by the defense only, during the last timed down of a period, and the penalty is accepted, the period must be extended by an untimed down. This is to insure the offended team receives the opportunities it may have been denied because of an illegal act. If the penalty for a foul during the last timed down of a period were declined, the period may not be extended.

Play: During the last timed down of the 4th quarter, a pass by A1 is intercepted and advanced by B1. During the pass, A2 was illegally downfield. **Ruling:** The game is over. There is no extension of the period when the foul is by the offense.

- (4) If the foul during the last timed down of a period were fair catch interference, the offended team has three choices: (a) accept the distance penalty and replay the down, untimed, as an extension of the same period; or (b) accept an awarded fair catch and put the ball in play by snap or free-kick during an extension of the same period; or (c) if in the 1st or 3rd periods, accept an awarded fair catch and start the next period with a snap or free-kick. This assures the offended team it may use its special runback abilities to full advantage or that it will have

the choice of ends of the field (in 1st and 3rd quarters) in case weather conditions may be a factor.

Play: While a scrimmage-kick by K1 from his 35 is in flight, K2 blocks R1 beyond the line. The kick is recovered by R2 and advanced to R's 40. During the run, time for the period expires.

Ruling: Captain of R may accept the distance penalty, or an awarded fair catch at the spot of the foul, or the result of the play. If the penalty were accepted, the quarter must be extended and the down replayed, untimed, from K's 20 yardline. If the penalty were declined, it will be R's ball, 1st and 10 from the 50, after the change of goals, to start the second or fourth quarter. If an awarded fair catch were accepted, the ball may be put in play by a snap or free-kick from the spot of foul. Should this foul occur at the end of the 1st or 3rd period and an awarded fair catch be accepted, R has additional choices. It may either put the ball in play by snap or free-kick as an untimed extension of the 1st or 3rd periods or may start the next period with a snap or free-kick.

The coverage in 3-3-4 prohibits the offending team from profiting from an illegal act. There will be no change of goals until after a down is replayed free from defensive foul or, if the distance penalty for fair catch interference is chosen at the end of the 1st or 3rd period, the down must be replayed and the quarter extended for that purpose.

5. Requesting Measurement (Rule 5-3-2: Note): Gaining a 1st down is crucial to the continuation of an offensive series. Whenever a down ends with ball close to the line-to-gain, it is a matter of great concern to both the defense and offense. Either captain is privileged to request a measurement if there were doubt the line-to-gain has or has not been reached. This request must be made in a courteous manner. If, in the official's opinion, it is obvious the line-to-gain has or has not been reached, the request will be denied. The referee is not obligated to grant a request for measurement but will do so whenever he is in doubt concerning the award of a new series.

6. Spotting ball for free-kick, or for snap following touchback or try-for-point (Rule 6-1-2, 8-3-1, 8-5-4): There are five situations in which the rules specify that the ball must be put in play on a certain designated yardline. In each one of these, the rules also specify whether the ball is to be put in play by snap or by a free-kick. These five situations are:

What	Where	How
1. Kick-off	on the kicker's 40	by a free-kick
2. After a safety	on the kicker's 20	by a free-kick
3. After a fair catch	on the yardline through the mark of the catch	by a snap or free-kick
4. After a touchback	on the nearest 20	by a snap
5. Try-for-point	B's 3	by a snap

The spot where the ball is put in play in these situations might be altered if a foul occurs during the down and the down is replayed following a penalty.

In only one of these, following a fair catch, does a captain have a choice as to how the ball will be put in play. In this one, he must decide whether his team will snap or free-kick. In all others, the ball must be put in play as indicated. However, in all five cases, the captain must decide the spot on the designated yardline his team will snap or free-kick. He may have the ball put in play anywhere on the designated yardline but always between the inbound lines (the middle one-third of the width of the playing field). Usually an official will spot the ball on the midpoint of the designated yardline. If the captain prefers and designates another spot on the yardline, his decision is final.

If there should be a foul during any of these five situations and the captain of the offended team accepts the penalty, a new yardline will be established and the down replayed. However, the captain of the team which puts the ball in play still has the privilege of choosing the spot on the new yardline where the ball will be put in play.

If there were a foul by the defense during a successful try-for-point, the offended team may accept the penalty and replay the down from the $1\frac{1}{2}$ yard line or it may accept the result of the play and the penalty will be assessed on the succeeding kick-off. If the successful try were following the last timed down of the game and an overtime is to be played, the penalty for the foul will be measured from the spot where the ball will be put in play to begin the overtime. This provision would permit a team to accept the penalty for a foul during a successful try by kick and then replay the try and attempt to score from what would be a touchdown. In this instance, the team would have the opportunity of "going for two" instead of accepting only one point.

7. Choosing to snap or free-kick following a fair catch (Rule 6-1-3): When a fair catch is made or one is awarded because of fair catch interference, the ball may be put in play by either a snap or free-kick. The captain of the receiving team will have two choices to make. He must decide whether his team will snap or free-kick and he must decide where on the designated yardline the ball will be put in play. The yardline will be the line through the spot where the fair catch was made or through the spot where fair catch interference occurred if a fair catch were awarded.

If there were a foul during the down in which the ball is put in play by snap, if chosen, following a fair catch or an awarded fair catch, and measurement of the penalty leaves the ball at a spot from which

it would be more advantageous for the offensive team to put the ball in play by a free-kick, this is permissible. If the receivers chose to put the ball in play following a fair catch or an awarded fair catch by a free-kick, and there was a foul during the kick, before change of possession, the penalty for which is accepted, the receivers will have the option of putting the ball in play either by snap or a free-kick. This privilege applies only following a fair catch or an awarded fair catch.

Play: Following a fair catch or an awarded fair catch, R elects to put the ball in play by a snap. There is a foul during the down, before any change of possession, and the penalty is accepted. Does R have the right to next put the ball in play by a free-kick? **Ruling:** Yes. R may put the ball in play either by a free-kick or a snap if the down were replayed. The captain of R may designate the spot between the inbounds lines on the proper yardline from which the kick is to be made.

8. Choice of privilege after a try-for-point or field goal (Rule 8-3-5; 8-4-2): Following a try-for-point, which always follows a touchdown, or after a field-goal, the captain of the team scored upon may choose whether his team will kick off or receive when play is resumed. Usually, the captain will choose to receive, but he may elect to kick off in some situations.

9. Choosing penalty for a foul (Rule 10-1-1): In ordinary game situations when a foul occurs, the referee will notify both captains and will offer the captain of the offended team the opportunity of accepting the penalty or the result of the play. In offering these choices, the referee will explain the location of the ball, the down and distance to gain, if the penalty were accepted or declined. Generally, the choice is obvious but when it is complex, the captain should be certain the possibilities are completely understood before making a decision. Once the decision is made, it cannot be changed. When the choice is quite obvious, the referee will usually merely announce to the captain of the offending team he is assuming the penalty will be accepted or declined according to which choice is most beneficial to the offended team.

In most situations, it is to the advantage of the offended team to accept the penalty. There are situations in which it would be advantageous to the offending team to decline the penalty. When the penalty is declined, the opponents will lose a down. When the penalty is accepted, the down is replayed, except when a foul is for an illegal forward pass or offensive pass interference. Because the acceptance or declination of the penalty is one of the captain's most important responsibilities, he should develop imaginary plays to study in order to help him reach correct decisions on the field. Following are two plays which may be helpful:

Play: It is 4th and 10 on K's 30. K1 makes a good punt which R1 recovers and is downed on R's 20. During the kick, K2 holds on

the line. **Ruling:** By accepting the penalty, K will have to replay the down, 4th and 25, from K's 15. If the penalty were declined, R will put the ball in play, 1st and 10, from R's 20.

Play: It is A's ball, 3rd and 15 from its 25. A1 gains 5 yards but A2 is offside. **Ruling:** The captain of B will have the option of accepting the penalty and A will put the ball in play, 3rd and 20, from its 20. If the penalty were declined, A will put the ball in play, 4th and 10, from its 30.

10. Understanding double fouls (Rule 10-2-1; 10-2-2): It is a double foul if both teams commit fouls during the same live ball period during which: (a) there was no change of team possession; or (b) there was a change of team possession and the team in possession at the end of the down had fouled prior to the final change of possession; or (c) there was a change of possession and the team in final possession accepted the penalty for its opponent's foul. Whenever there is a double foul, the penalties cancel and the down is replayed. Only combinations of live ball fouls may constitute a double foul.

If there were a change of team possession during a down in which there are fouls by both teams, the team gaining final possession may keep the ball, if it had not fouled prior to gaining possession and it declined the penalty for its opponent's foul. Some have referred to this as gaining possession with "clean hands." There are times when it will be advantageous to the team gaining final possession to accept the penalty for a foul by its opponent, thereby, creating a double foul which requires the down to be replayed.

If there were a live ball foul by one team followed by a dead ball foul by the opponent, the penalties for the fouls are administered separately and in the order of occurrence. Even though there are fouls by both teams, this does not constitute a double foul. The captains of both teams are consulted, and the captain of the offended team, during the live ball, is given the choice of accepting or declining the penalty for that foul. Following administration, the captain of the team offended during the dead ball is given his choice. Even though the penalties may offset each other, each is to be measured.

Dead ball fouls by each team cannot combine into a double foul. The penalties for any combination of dead ball fouls will be separately administered in the order of their occurrence. This provision reflects the philosophy, all fouls should be penalized. The penalties for dead ball fouls are measured from the succeeding spot.

11. Choosing penalty for a multiple foul (Rule 10-2-3): When two or more players on the same team foul during a live ball period, it is a multiple foul. This is true unless the second foul was unsportsmanlike or done in retaliation. When this occurs, the penalty for the unsportsmanlike foul will be enforced whether the penalty for the live ball foul is accepted or declined. In all other multiple foul situations, the captain of the offended team may choose the penalty for only one

of the fouls occurring. He must decide which of the penalties, if either, is to be enforced. He may decline all penalties. The following play situation may help:

Play: With 3rd and 4 from the 50, A1 advances to B's 30. At the snap, A2 was illegally in motion and during the run, A3 clipped at B's 35. **Ruling:** This is a multiple foul and the captain must decide which penalty, if any, is to be enforced. If he accepts the penalty for the offside, it will be enforced from the previous spot and the result will be 3rd and 9 from A's 45. If he accepts the greater yardage penalty for clipping, the result will be 3rd and 4 from the 50.

12. Penalizing a foul by defensive team during a field-goal or touchdown (10-5-3): If a team fouls while on defense, anytime following the snap or free-kick and during a down which results in a successful field-goal or touchdown, penalty may be measured on the succeeding kick-off or, if there were an overtime from the succeeding spot. If such foul occurs during a down resulting in a touchdown, the score will be counted and the offended team entitled to the penalty measured on the succeeding kick-off. If there were a foul by the defensive team during a successful field-goal, it is possible the offended team may wish to accept the distance penalty and replay the down, rather than accepting the 3 points and have the penalty measured on the succeeding kick-off. For example, with 4th and 2 from B's 18 yardline, there is holding by B1 during a successful field-goal. The captain of A may wish to accept the distance penalty, which would place the ball on B's 9 yardline with 1st and goal. This would provide the offended team an opportunity to go for the touchdown and, if unsuccessful on three downs, still have the option of attempting a field-goal on the fourth. The captain must determine which option would be most advantageous to his team.

Duties of Players and Substitutes

While the captain has certain responsibilities and duties because of his position, each player, including the captain, is also required to know the rules of the game and to recognize that he, too, has certain duties to perform. By recognizing and accomplishing these duties, he becomes an improved player and is, thereby, a greater credit to the great game of football. The following sections discuss the most significant duties and responsibilities which apply to all squad members, including substitutes.

1. Being properly equipped (Rule 1-5): Player equipment has a double purpose. While it protects the wearer, it must also protect his opponents against the danger of unnecessary injury. A player's coach and his equipment manager have the major responsibility of being certain



the player is properly equipped. The player must cooperate in this matter by frequently checking his equipment and reporting to his coach or manager when he discovers any part of his equipment has become damaged or illegal through use. He should request replacement or repair of such items as shoe cleats which have developed nicks or burrs, or are worn or loose in their sockets; exposed hard substances, broken or damaged head protectors or shoulder pads; missing chin straps; cracked or damaged mouth protectors and face protectors. Second, players are largely responsible for the correct fitting of such items as head protectors, shoulder pads and tooth and mouth protectors. Equipment

which is improperly fitted is an invitation to injury.

Each player must be properly fitted with the specified uniform and equipment. Certain items of player equipment are required by the rules and no player may participate without them. The following items are required equipment:

- a. A head protector including fastened chin strap
- b. A face protector (the multiple bar type is preferred)
- c. A mouth and tooth protector, constructed so it separates the upper and lower teeth and also provides protection for the lips.
- d. Soft knee pads
- e. Shoes
- f. Single color numerals on front and back of jersey
- g. Hip pads
- h. Shoulder pads
- i. Thigh guards

An official will not permit a player to participate if he is not equipped with all of these items.

In addition, there are certain types of equipment which are illegal and may not be worn. Among these are:

- a. Projecting metal or other hard and unyielding substances.
- b. Knee, elbow, hand, wrist or arm guards made of metal or other hard materials.
- c. Shin or thigh guards of hard substances unless properly padded.
- d. Shoe cleats which have a cutting edge or are more than $\frac{1}{2}$ inch in length or which are pointed.
- e. Forearm or hand pads, or tape or bandage on the hand or forearm

unless sanctioned by the umpire as being non-abrasive, non-hardening material. Limited use of wristbands is legal.

f. Head protectors, jerseys, patches or pads of the same color as the ball. Transverse stripes on sleeves below the elbow.

g. Slippery substances on clothing or person.

h. Artificial hand, arm or leg.

Each player must wear a face protector. The multiple bar type is recommended. Each player is also required to properly wear a tooth and mouth protector. Maximum protection is the aim and this may be obtained only when players wear both an appropriate multiple bar type face protector and a properly fitted tooth and mouth protector. A portion of an acceptable tooth and mouth protector must fit within the mouth. It also shall have a labial part which protects the inner lips and an occlusal portion which separates the biting surfaces of the teeth.

All players are required to wear shoes. These are to be made of a material which covers the foot (canvas or plastic) attached to a firm sole of leather, rubber or composition material which may have cleats which are molded to the sole or a detachable type provided they comply with specifications. Cleats are not required. However, when cleats are a part of the shoe, they must comply with specifications set forth in the rules. Shoes should be frequently inspected to prevent the use of illegal or defective cleats. Items which do not meet the requirement are ballet slippers, slipper-socks, heavy socks with laces inserted, and tennis shoes cut so protection is reduced. A shoe with cleats molded to the sole which vary from the traditional conical cleat has been approved.

Any pad used on the knee or elbow must be made of a soft material only. Shin and thigh pads must be covered with soft (preferably shock-absorbing) material. The best quality equipment now has shock-absorbing material placed over hip, rib and shoulder pads. In fact, some of these are made entirely of soft material which provides the desired protection.

2. Understanding the neutral zone (Rule 2-19): The neutral zone is the space between the two scrimmage lines and is established when the ball is placed ready-for-play. The offensive and defensive lines of scrimmage consist of two imaginary lines through the ends of the ball and perpendicular to its long axis. The width of the neutral zone, therefore, is 11¼ inches and extends entirely across the field from sideline to sideline.

The neutral zone may be expanded to permit normal line play during legal forward passes and scrimmage-kicks. During a forward pass play, the neutral zone is expanded up to a maximum of two yards as determined by the charge of the offensive lineman. An interior lineman may charge into his opponent who was on the defensive line-of-scrimmage at the time of the snap. While maintaining contact with the opponent, the interior lineman may be up to two yards behind the de-

fensive line-of-scrimmage. It is illegal for an interior lineman to charge through the neutral zone and contact an opponent who was not on the defensive line-of-scrimmage at the snap.

During a scrimmage-kick, the limit of the expanded neutral zone is somewhat a matter of judgment but may not exceed 2 yards. If a defensive lineman who is being blocked and who is one to two yards from the defensive line-of-scrimmage, reaches up and touches the scrimmage-kick which rebounds back behind the original neutral zone, it is considered he touched the kick in the neutral zone and the touching is ignored. Blocking below the waist in the neutral zone is legal prior to the time the scrimmage-kick crosses the expanded neutral zone.

The neutral zone disintegrates at different times according to the location of the ball. When the snap is made, players of both teams may legally enter the neutral zone between the scrimmage lines. Even though the neutral zone may be expanded, it remains in effect until changed as follows. During a forward pass play, the neutral zone disintegrates when the pass is in flight. During a scrimmage-kick, it is when the kick crosses the expanded neutral zone. The neutral zone is not expanded during a free-kick. It ceases to exist when the kick is made.

3. Requesting time-out (Rule 3-5-2 and 3): Any player may request a time-out for his team when conditions make a time-out desirable. Time-outs may be requested for almost any reason, such as, for an injured player, to secure some rest, to talk things over with teammates, to confer at the sideline with the coaches or to conserve time by legitimately stopping the clock. A coach may wish to limit the number of time-outs by designating only one player of his team to make such requests. This is an individual matter.

Time-out may be requested at the direction of the coach in order for him to discuss with the referee the application of a rule during a controversial play. Such requests must be made prior to the ball becoming alive following the play in question.

Each team may be granted a charged time-out during any given dead ball period. It is not required each time-out period extend the full 1½ minutes nor is it required the second immediately follow the first time-out. Each team may be granted more than one charged time-out during a given dead ball period, provided it has time-outs remaining. This provision permits a team to request a time-out in order to make adjustment to any unusual formation its opponent may set. For instance, if Team A were granted a charged time-out after which eight players lined up in an unusual formation, any B player may request and be granted a charged time-out for the purpose of making adjustment. This is provided, Team B has time-outs remaining.

During a charged time-out, two attendants only are permitted on the field. These may not be coaches, except when a coach is invited by the referee to attend an injured player. Each team is entitled to three

charged time-outs during each half and no time-outs may exceed more than 1½ minutes. Each team will be notified when it has used its three time-outs in a half. Thereafter, any request will be denied, unless it is for a coach-official conference or for an injured player.

Time-out requested for an injured player is an official's time-out and is not charged to a team, provided the player is designated at the time of the request and he leaves the field for at least one down. There is no reason for players to hesitate in requesting a time-out for an injured player. Officials are always on the alert to prevent injuries and to protect the player who appears to be injured. For a player to fake an injury in this situation in order to stop the clock is an unethical practice and should be avoided.

It is perfectly proper and legal for a player to request a time-out in order to conserve time provided the team has not used its allotted time-outs for the half. For example, with Team B behind 7-6 and the ball in B's possession on A's 10 yardline with 3 seconds remaining in the fourth quarter, it is to B's advantage to have the clock stopped in order to conserve time. When a time-out is granted in this situation, the clock will not start again until the ball is snapped. Players must know when the clock stops so they will not be requesting charged time-outs to conserve time when the clock would be stopped anyway for another rule based reason.

4. **Complying with the substitution rule (3-7):** The National Federation rule concerning substitution is very liberal. It is purposely designed this way in order to insure players do not become exhausted and to permit injured players to be replaced without penalty. During any dead ball period, any number of substitutes from both teams may enter and replace players, provided the substitution is completed by having the replaced players off the field before the ball becomes alive. No substitute may enter during a down. During the same dead ball interval, no substitute may become a player and then withdraw and no player may withdraw and then re-enter as a substitute unless, during that interval, a dead ball foul occurs, there is a charged time-out or a period ends. Replaced players and substitutes are required to leave the field on the side of the field on which their team box is located.

The use of a substitution or a pretended substitution to confuse opponents or disguise the deployment of eligible receivers is illegal. Some years ago the use of team attendants and/or substitutes or a "sleeper" to deceive B at or immediately prior to the snap was popular. The use of substitutes or pretended substitution for this purpose constitutes a form of illegal participation and results in a penalty of 15 yards generally from the previous spot.

It is possible for illegal participation to result from a substitution situation. For instance, it is illegal substitution when replaced players, who are clearly trying to leave the field of play, are unable to get off the field before the time the ball becomes alive. It is illegal participation when a replaced player participates during a down. An exces-

sive player is considered to have participated during a down if his physical presence on the playing field diverts the attention of his opponent from those teammates who are eligible to participate. It is not necessary for the replaced player to come into physical contact with the opponent before he is considered to have participated illegally. Unless it is clearly evident he is making a bona fide effort to leave the field before the ball becomes alive, his mere presence on the field may have an influence on the deployment of the opposing team. This results in illegal participation.

When a substitute enters and participates after the ball becomes alive, it is illegal participation which requires a 15-yard penalty. However, the extent to which he participates or influences the outcome of the play determines whether or not it is also an unfair act. Rule 9-8-1 authorizes the referee to enforce any penalty he considers equitable, including the awarding of a score for an unfair act which has no specific penalty because of the unlimited possibilities of such situations. This is intended to cover, among other things, the team member who leaves the team box area to enter the field of play and tackle a ball carrier who might otherwise gain considerable yardage or score a touchdown. It is acknowledged this is a rare and unusual situation, but it behooves all officials to be prepared to penalize fairly when, and if, the situation does present itself.

5. Knowing when the ball becomes dead (Rule 4-2-2): The dead ball table in Rule 4-2-2 lists the situations which cause the ball to become dead. When any one of these acts occurs, an official sounds his whistle. However, it is the act itself which kills the ball. The whistle merely announces that something has happened to cause the ball to become dead. About the only time the whistle actually kills the ball is in a situation where an official erroneously or accidentally sounds it. Of course, if the whistle were sounded while the ball is still alive, it becomes dead immediately because of the whistle. If this occurs, where the ball will be put in play and the number of the next down depends upon location and possession of the ball when the whistle was inadvertently sounded.

If there were an inadvertent whistle during a down which ended behind the offensive line of scrimmage or during a kick or while a legal forward pass or a snap was in flight, the down will be replayed, unless there was a change in team possession prior to the whistle. If the whistle were accidentally sounded while the ball was in player possession beyond the line of scrimmage or following a change of team possession, the ball is dead where it was when the whistle was sounded and the down would be counted. While the ball is loose following a backward pass or a fumble beyond A's line of scrimmage or following a change of team possession behind the line, if the whistle were mistakenly sounded, the ball will be awarded to the team last in possession at the spot where possession was lost and the down will be counted. Whenever the whistle is inadvertently sounded, it is an error. In spite of attempts to be fair, there will be some advantage or dis-

advantage to a team. For example, under the present coverage, if A1 fumbles behind his line and the whistle is mistakenly sounded while the ball is rolling loose, it will be A's ball and the down replayed. If A1 fumbles while beyond the line and the whistle is mistakenly sounded while the ball is loose, it will be A's ball at the spot where possession was lost and the down counted. This becomes critical in a situation where it may be 4th and goal from the 3 yardline and a fumble occurs inside the 3.

Each player should be thoroughly familiar with the acts which cause the ball to become dead. If contact is made after ball becomes dead, it may be ruled a personal foul. If a player runs with a dead ball, it may be ruled delay of game. The defensive player is assisted by the official's whistle. Officials are always on the alert in situations where a runner touches the ground with his knee or any part of his body other than hand or foot. When this happens, it immediately kills the ball. The runner is obligated to avoid any attempt to advance after this happens and all other players must avoid piling on or charging into the player who is down. Any act of this kind is a personal foul.

A player, who receives the snap while on his knee in position to hold for a place-kick during a field-goal attempt or a try, may rise and hand, kick, pass or run the ball. This is the only time a player may contact the ground with other than his hand or foot without causing the ball to become dead. Once he establishes himself as a runner, the ball will be dead, if he thereafter goes to his knee to hold for a place-kick. A place-kick holder may rise to catch an errant snap and go to his knee to hold for a kick or he may run.

Any free-kick or scrimmage-kick which goes into the opponent's end zone becomes dead as soon as it touches anything on or behind the goal line. All tackling and blocking should cease as soon as this occurs and no player should attempt to recover and advance such ball. If he does, the act may be delay of game. There is only one factor in connection with a kick which must be kept in mind in determining whether the ball is dead when it enters the receiver's end zone. That is the question of whether any player has secured possession of the ball before it goes into the end zone. If such possession has been gained, the kick has ended and it is not a kick which is in the end zone. Consequently it does not become dead as soon as it touches there. A kick does not end because of merely being touched, muffed or batted. It ends only if a player has gained possession, that is, he has momentarily held the ball in his hands in such a way he could run with it, pass it, or kick it.

One of the less common ways for the ball to become dead is when a member of the kicking team is the first to touch a scrimmage-kick, after such kick has come to rest beyond the neutral zone between the goal lines, and before any touching by the receivers. The coverage applies specifically to scrimmage-kicks and not to free-kicks. Also, it is touching by the kickers, and not by the receivers, which causes the ball to become dead. It does not apply if the receivers have touched

the ball before any touching by the kickers. It should also be noted that touching by the kickers in this manner is not the "first touching" described in Rule 6-2-4. First-touching, as defined by rule may occur while the kick is moving and does not cause the ball to become dead.

Following a valid fair-catch signal, the ball becomes dead immediately when the kick is caught. This is true whether it is caught by the signaller or his teammate. Although, only the player who signals and catches the ball is granted protection. If, following a fair catch signal, the kick were muffed or the catch was not made but the kick was recovered by a receiver, there could be no advance unless the kick touched or was touched by a member of the kicking team.

6. Refraining from interference (Rule 6-4-5, 7-5-6, 9-1-3); Contacting the ball or an opponent or moving into an opponent's path to the ball becomes illegal interference in the following six situations.

- a. While any kick is in flight beyond the kickers' line and before it has touched a receiver, no player of the kicking team may touch the ball nor may he remain in the path between a receiver and the place where the ball is coming down. This is on the assumption a receiver is attempting to make a catch. If K touches the kick in flight or interferes with an opponent, it is fair catch interference.
- b. After a receiver signals for a fair catch and the ball goes over his head or he does not catch the kick for another reason, the signaller is prohibited from blocking an opponent until the kick has ended.
- c. No defensive player may charge into a kicker who has kicked from behind his scrimmage line. The only exceptions to this are when the kick has been at least partially blocked and the momentum of the defensive man is such as to carry him into the kicker, or he is blocked so he cannot avoid contact with the kicker. This prohibition applies to the traditional kick from punt formation. Some liberty is permitted in the case where there is doubt the kick may be made. In attempting to block a kick, he should attempt to come in from the side rather than from directly in front of the kicker, so his momentum will not carry him into the kicker. This also gives added protection to the defensive man.
- d. A passer is entitled to some of the protection which is granted the kicker. Both are unable to adequately protect themselves. In the case of the passer, it is assumed there will be occasions when the momentum of a defensive player is such that his attempt to knock down the pass will cause him to contact the passer. However, the defensive player is responsible for making an effort to avoid charging into the passer after the ball has left his hand. The spirit of this rule may be summarized by saying that a defensive player "has the right to ruin the pass but he does not have the right to ruin the passer."
- e. While a forward pass is in flight, no player of A or B may interfere, beyond the line, with an opponent's opportunity to catch the

pass. The prohibition for the offense applies from the time of the snap to the time the pass is touched. For the defense, the prohibition begins at the time the ball leaves the passer's hand and extends to the time the pass is touched. During a pass, it is intended the attention of each player will be either on catching the ball or on batting the pass to the ground.

- f. During a forward pass play, certain action behind the line, such as holding, is illegal but it is not pass interference. Pass interference may occur only beyond the line and during a pass which crosses the neutral zone. Likewise, there may be illegal use of hands after a forward pass has been touched but it is not interference unless it is touching by an ineligible.

Play: A1 throws a legal forward pass. Eligible A2, the receiver, is beyond the line when he muffs it. While the muffed ball is in flight: (a) ineligible A6 advances beyond neutral zone and touches the pass; or (b) eligible A3, on the line, holds B1. **Ruling:** In (a), it is pass interference. In (b), it is illegal use of hands but it is not pass interference. Each penalty is loss of 15 but in (a) the down counts, and in (b) it does not count.

7. Avoiding encroachment (Rule 7-1-1 and 6-1-3): During a scrimmage down it is encroachment for any player, either on defense or offense, to break the vertical plane of his scrimmage line after the snapper has made his final adjustment of the ball. This does not apply to the snapper who has a right to be over the ball. Once the snapper has made his final adjustment, the first player, either defensive or offensive, who breaks the plane of his line of scrimmage prior to the ball being snapped encroaches. This is a dead ball foul. The ball cannot become alive in this situation. If encroachment occurs so near the time the ball is snapped that the play is started, the whistle will be sounded immediately and play stopped. In this situation play cannot go through to completion.

Unless penetration of the neutral zone is simultaneous by both offensive and defensive players, it is not possible for both teams to encroach. **Only the first offender is penalized.** There may be other dead ball fouls following encroachment. For example, if an offensive player encroaches and a defensive player goes through the neutral zone to belt an opponent, this is a personal foul. Both the encroachment by the first offender and the striking by the defender will be penalized, in the order of occurrence, during the dead ball period.

If an offensive interior lineman lines up so he is in the neutral zone at the time of the final adjustment by the snapper, it is offensive encroachment. If this interior lineman moved his hand to adjust his position, there would be a foul for false start. This is also a dead ball foul. An offensive lineman who is on an end of the line and notices he has lined up in the neutral zone, and prior to final adjustment by the snapper, may adjust his position as he is permitted to move within limitations after the ball is declared ready-for-play.

Prior to a free-kick, it is encroachment for any player, other than the kicker or the holder for a place-kick, to be beyond his free-kick line after the ball is declared ready-for-play and until it is kicked. Similarly, it is illegal position if there are fewer than 5 receivers within 5 yards of their free-kick line during this same interval. For a free-kick, the ball is declared ready-for-play when the referee sounds his whistle. Encroachment or illegal position during a free-kick are dead ball fouls and the ball cannot legally become alive. If the official whistle lags the foul and is sounded after the kick is made, play will be stopped immediately and the ball re-kicked.

With these two revisions, adopted in 1976 and 1977 respectively, the term *offside* has been removed from interscholastic football. Timing is the factor which eliminates offside. Being in the neutral zone prior to a scrimmage down after the snapper makes his final adjustment and prior to the snap, or during a free-kick after the ball is declared ready-for-play and prior to the kick caused the ball to remain dead. Previously, these acts were not fouls until the ball was snapped. Now, officials are obligated to sound their whistles immediately when the foul occurs.

8. Refraining from false starts (Rule 7-1-2): A false start includes a shift or a feigned charge which simulates action at the snap, or any act clearly intended to cause an opponent to commit a foul. It is a false start if any player, on the line, between the snapper and the player on the end of the line, and who has placed his hand on or near the ground, moves his hand or makes any quick movement unless that movement is caused by an irregularity such as calling the players off the line for receiving a new signal.

A false start is closely related to encroachment. It is a dead ball foul. A false start occurs prior to the snap. If such movement occurred at the time of the snap, it is illegal motion. After the ball is ready-for-play and all players are ready for the snap, no offensive player shall make a quick or jerky movement before the snap. Any such motion is a false start. Examples of illegal action constituting a false start include: (a) an interior lineman moving his foot, shoulder, arm or body in a quick jerky motion in any direction; or (b) the center moving the ball or his thumb or fingers or flexing his elbows, jerking his head or dipping his shoulders or buttocks; or (c) the quarterback chucking his hands at the center, flexing his elbows under the center or dropping his shoulders quickly as if to receive the snap; or (d) a player starting in motion before the snap simulating receiving the ball by chucking his hands toward the center or quarterback or making any quick or jerky movement which simulates the beginning of a play.

The purpose of the restriction is to discourage action designed to draw defensive players into committing a foul. A player on the end of the line may legally shift provided he, and the entire team, come to a complete stop for one full second before the snap.

Illegal motion is different from a false start in that it is motion

at the snap. It becomes a foul simultaneously with the snap and is a live ball foul. Play continues and the offended team is given the option of accepting the result of the play or the penalty from the previous spot.

9. Understanding the snap (Rule 7-1-3): The snap is defined as the act of passing or handing the ball backward from its position on the ground. The snap begins when the snapper first moves the ball legally, other than in an adjustment. For a legal snap, the movement must be a quick and continuous motion of the hand or hands during which the ball actually leaves the hand or hands. An illegal snap is any movement of the ball by the snapper following adjustment which does not comply with the definition of a legal snap. **The ball may not become alive through an illegal act.** If the ball were moved other than in a legal snap, or tilted to more than 45 degrees, or lifted during adjustment, it is a foul and the ball cannot become alive. The same is true if the snapper slides his hand along the ball to simulate action at the snap. The snapper must clearly pause between adjustment and the snap.

After grasping the ball and adjusting it as desired, it is a snap infraction if the snapper removes both hands before snapping. He may remove one hand, provided he does so slowly and deliberately. A quick motion in removing one hand is considered the same as ducking the head or flexing the knees by the snapper. These are snap infractions.

The rules governing the snap are restrictive in order to prevent the offensive team from gaining an unwarranted advantage. Because it does not know the snap signal, the defense moves on the first motion of the ball and to permit the offensive team to gain from an illegal act, would be unfair to the defense.

10. Refraining from illegal shifts (7-2-5): Coverage for shift plays is found in two sections of the rules. Rule 2-27 defines a shift and 7-2-5 explains when a shift is illegal. A shift is the action of two or more offensive players who, after a huddle or after taking set positions, simultaneously change their positions before the ensuing snap. **A shift always consists of movement by one or more offensive players.** It is a shift when: (a) offensive players move from a huddle to positions on the line or in the backfield; or (b) two or more offensive players, who have taken set positions, simultaneously change their positions before the snap; or (c) one player on the line or less than 1 yard behind the line (except the player under the snapper) moves to a new position which is not at least 5 yards behind the line.

Following a huddle or a shift, all eleven offensive players must come to an absolute stop and remain stationary simultaneously, without movement of hands, feet or body, for at least 1 second before the snap. The only element in a shift which can ever make it illegal is the matter of time. There may be as many shifts as desired provided they are concluded within the 25-second period.

It is a fact that some type of shift is employed by the offense in

practically every scrimmage down. A shift becomes illegal only if following the shift all eleven players fail to come to a complete stop for at least 1 second before the snap. If the offensive team employs a shift which simulates movement prior to the snap, it is a false start, not an illegal shift. By the same token, one or more interior linemen may move to another position after having placed a hand on or near the ground, but again this is a false start and not an illegal shift. It is possible for a team on offense to engage legally in two or more shifts prior to the snap. It is never possible for any of these shifts to be an illegal shift except the last one and then only if all eleven players fail to come to a complete stop for 1 full second prior to the snap.

11. Adhering to the forward pass eligibility rule (Rule 7-5-5): At the time of the snap there may be no more than six eligible pass receivers (offensive) including the two players on the ends of the line and the four backfield men. There may be fewer eligibles depending upon the formation used and the numbering of the players. A player who is eligible at the time of the snap always remains eligible during the entire down.

An ineligible receiver is one of the five interior linemen or any player regardless of position, who is not wearing a number between 1-49 or 80-99. An ineligible may make his initial line charge but unless the pass ends behind the line he must then hold his position until the ball has left the passer's hand. If he continues in motion after his initial charge and goes beyond the neutral zone expanded, it is a foul for an ineligible being illegally downfield. If there is more than one legal forward pass from behind the line, all ineligible must hold their positions on the line until the last pass which crosses the line is in flight.

A player who is ineligible at the time of the snap may become eligible if the pass is touched by B. After a forward pass which crosses line is touched by a defensive player all offensive players immediately become eligible.

There is no circumstance in which an ineligible may legally catch or bat a forward pass either behind or beyond the line. Intentionally touching a forward pass by an ineligible along or behind the line constitutes an illegal pass, the penalty for which is 5 yards and the loss of down. Touching a forward pass after it crosses the line and before being touched by B is pass interference which requires a penalty of 15 yards and the loss of down.

12. Complying with the spirit of the blocking rule (Rule 9-1-1): Briefly, blocking is obstructing an opponent by contacting him with any part of the blocker's body. It is a legal act unless it is fair catch interference, forward pass interference, unnecessary roughness or, by a receiver, before the kick has ended and following his signal for a fair catch. Blocking is an extremely important part of the game because no runner, kicker or passer could effectively operate without his teammates blocking opponents. Blocking always involves vigorous personal

contact between a player and his opponent.

Offensive players may contact opponents with their arms or hands provided the hands are closed or cupped with the palms not facing the opponent, the forearms are approximately parallel to the ground in the same horizontal plane and extended no more than 45 degrees from the body and the elbows are entirely outside the shoulders. It is not permissible for the blocker to lock his hands or to strike a blow with his hands. It continues to be a foul for a blocker to swing, throw or flip his elbow or his forearm in any type of a striking blow. A blocker may not initiate contact with his arm or hand against an opponent above that opponent's shoulder. A blocker may use his hand or arm to break a fall or retain his balance.

The burden of proof concerning striking blows, with the liberalized blocking rule, rests with the blocker. Any striking motion by him at the time he extends his forearms to the 45 degree limit in contacting an opponent will be judged a foul. If there is contact by a blocker with his hand or arm against an opponent while the forearms are not parallel to the ground or in different horizontal plane, it is illegal use of the hands. The same is true if blocker's elbows are close to his body, that is, inside his shoulders. Any type of punching or pushing will be judged illegal use of hands.

There are other restrictions concerning blocking requiring the contact to be on the front or side of an opponent and in certain cases, above the waist. Charging into an opponent from the back, or falling into the back of one's opponent, who is not a runner, is clipping. Clipping is a serious foul because resulting injuries are often disabling. Because of the inherent hazards in clipping, players must be aware of the prohibition and defensive players taught to protect themselves as much as possible against the foul.

The rule is written to provide coverage so a player may not be hit from the rear by an opponent he cannot see approaching. The question of whether a block is legal or whether it constitutes clipping is usually dependent upon the initial contact. Protection is not provided a player who turns his back to an oncoming blocker when the blocker has committed himself in intent and direction of movement. No official should declare a clipping foul unless he observes the contact from its inception. Occasionally, the blocked player turns or twists immediately preceding, during or even following initial contact so at the conclusion of the block the body of the player doing the blocking lies across the back of the legs of the player being blocked. This is not clipping.

Blocking from behind in specified situations is legal. It is not a foul if the blocker were within the free-blocking zone at the snap and blocks an opponent from behind within that area immediately following the snap. The free-blocking zone is not to be increased or extended at any time. The right to charge into the back of an opponent during close line play is not intended to continue after the initial line charge has ceased and the position of the runner is established. At that time, the free-blocking zone disintegrates.

Blocking below the waist by an offensive player, who was not in the free-blocking zone at the time of the snap, is prohibited in an area three yards behind each scrimmage-line extending from sideline to sideline, if the block were toward the spot from which the ball was snapped. In order to avoid injuries to players' knees and ankles, legal blind side blocks or crack back blocks in this specified area must be made so the initial contact is above the defender's waist. Blocking in this manner reduces injuries and is as effective as the block when contact was made below-the-waist.

The restriction applies only to those offensive players who were not in the free-blocking zone at the time of the snap and only to those blocks made so the force is toward the spot from which the ball was snapped. The free-blocking zone disintegrates as previously described but the 6-yard-belt remains in effect throughout the down or until the ball is advanced beyond that area toward B's goal line.

Play: During a reverse which comes to his side, flanker A1 who was not in the free-blocking zone at the snap delays and then turns to the inside to block back toward the spot of the snap and: (a) contacts B1 from the side, above the waist; or (b) contacts B2 from the back above the waist in the free-blocking zone; or (c) contacts B3 from the front below-the-waist; or (d) contacts B4 from the side, above the waist and slips to contact B4 in front of his legs. **Ruling:** Legal block in (a) and (d) but illegal in (b) and (c). In (b) it is clipping and in (c) it is illegal because contact was made below the waist and the direction of the block was toward the spot from which the ball was snapped. In (d) the initial contact was legal and there is no foul when the blocker slides down.

Blocking below the waist is prohibited during a free-kick or after a scrimmage-kick has crossed the neutral zone expanded. Using an above-the-waist block in the open field accomplishes the same purpose as the below-the-waist block but reduces the possibility of injury. Blocking below the waist is prohibited during the runback of any legal kick. Between the time a scrimmage-kick is made and when it crosses the expanded neutral zone, there is an interval when receivers may block members of the kicking team below the waist. This is a very short time period. Blocking below the waist during a scrimmage-kick may be legal if it were done in or behind the neutral zone or prior to the time the scrimmage-kick had crossed the defensive line-of-scrimmage. When the kick is beyond that plane, any blocking below the waist anywhere on the field except to stop a runner, is a foul. This prohibition continues throughout the down.

Play: With 4th and 4, a scrimmage-kick by K1 is: (a) blocked in the neutral zone by R1 and recovered behind the line by R2 or K2 who advances; or (b) muffed beyond the line by R3 so it is recovered behind the line and advanced by R4 or K3; or (c) caught beyond the line by R5 who fumbles and it is recovered by K4 who advances. In (a) and (b) there is blocking below the waist

by the team in possession. In (c), R6 blocks below the waist during the advance by R5 and K5 blocks below the waist during the advance by K4. **Ruling:** The advances in (a), (b) and (c) are legal. In (a), blocking below the waist is legal. In (b and (c), blocking below the waist after the scrimmage-kick has crossed the neutral zone is illegal throughout the down. Once the scrimmage-kick crosses the neutral zone neither team may block opponents, except the runner, below the waist for the remainder of that down.

The prohibition of blocking below the waist applies to the original contact by the blocker. If the blocker makes contact above the waist and then slides down so he contacts his opponent on the legs, this is not a violation of the blocking rule. Similarly, if a defensive man extends his hands or arms to ward off the blocker and the blocker then contacts the defensive man's legs, it is not a foul. In this situation, it is considered the blocker made his initial contact above the defender's waist. Situations where there is simultaneous contact above and below the belt line of the defensive man, do not result in violations.

The practice of using flankers, spread ends, slot men, and wing backs as blockers to trap defensive ends, linemen or linebackers has become more and more popular. The technique, in addition to adding variety to the offense, frequently causes the defense to make adjustments it would prefer to avoid. The crack-back block certainly can be legal. To make certain the action is legal in every respect, the official must see all of it. The legality is dependent upon the direction of the force of the block and the part of the defender contacted.

The block can be the key to success in a variety of plays and it is particularly effective in a sweep series. When it is illegal, it often hampers good defensive play. If it is illegal, it gives the offense an unearned and undeserved advantage. Also when it is illegal, the injury hazard to the player being blocked is increased. It is possible the defensive player may believe he is being attacked illegally when everything about the block is within the rules. By the same token, the offensive player can believe he is blocking legally when he is not. Failure to comply with the provisions of the free-blocking zone or making illegal contact from the rear on a defensive player is clipping. In some situations, the defensive man, realizing he is about to be successfully blocked, turns his back just prior to the contact so it appears as if there had been a clip. Actually, in these cases, it is the action of the defensive player which makes it appear so. The defensive man is not privileged to turn his back to an oncoming blocker who is close to him so the resulting contact will look as if the offensive man were not in position to block legally at the time he started his block.

Officials use established guidelines to determine whether a crack-back block is legal. They consider the position of the blocker's body, particularly his head and shoulders at the time he contacts the defensive man. If the offensive man's upper body contacts the front or the

side of the defensive man, the block is undoubtedly legal. The determination of legality is left entirely to the official's judgment. He must see the entire situation develop and then administer with consistency and promptness.

In summary, the crack-back block can be legal and it can be a very effective offensive weapon. It requires finesse and skill. The defense must be protected from its illegal use, however. When the official knows the rules coverage and is in proper position, he will have no difficulty in making the correct call.

13. Avoiding illegal use of hands (Rule 9-2): The legal and illegal use of the hands and arms in football is very clearly and definitely covered by the rules. Certain limitations are placed upon players in order to maintain balance between the offense and defense and to prevent rough play. Some restrictions apply equally to both teams. For instance, it is always a foul for a player on either team to lock his hands while contacting an opponent with the hands. It is always a foul to strike an opponent with the hand, forearm or elbow. The use of the hand and arm for the purpose of punishing or injuring a player is always prohibited. These acts include swinging of the forearm or elbow into the opponent while the hands are being brought into legal blocking position or flipping the elbow after the hands are in legal position.

With the exception of the runner, it is illegal for an offensive player to use his hands to push or ward off an opponent. An offensive blocker may broaden his blocking surface by extending his arms sideways with the elbows completely outside the shoulders and the forearms approximately parallel to the ground and extended no more than 45 degrees from the blocker's body, provided the hands are closed or cupped and the palms not facing the opponent. Contacting the opponent with the hands in this manner is not illegal. However if a blocker starts with his hands close to his body and extends them vigorously to contact an opponent even though his forearms are no more than 45 degrees to the body, it is a foul. Anytime a player strikes a blow with the hands, forearms or elbows it is a foul. There is no provision in the football rules to permit striking an opponent with a hand, arm or elbow.

In some areas, techniques of pass protection blocking being taught are illegal. These require the offensive man to keep his elbows close to his sides and, as the defensive man attempts to rush the passer, to strike a blow so that the defensive man is forced to the outside. This act is much like that used by a boxer when blocking punches coming from the outside. The act is illegal use of the hands. It is a technique which has developed because of poor enforcement and is one which is not permitted by rule.

A defensive man may push an eligible receiver provided the pass is not in flight and it also appears that the offensive man intends to block him. However, it is a foul for the defense to grasp and hold a man coming downfield on a pass pattern. Contacting an eligible pass receiver, as is frequently done on the line of scrimmage, and then

continuing to contact him (chugging) until the ball is thrown is illegal. A pass receiver going downfield may not use his hands to ward off a blocker. Such an act is offensive pass interference if it occurs before the pass is touched. It is legal for a defensive man to block an eligible receiver provided this is done before the pass is in flight.

Any player may push an opponent in an actual attempt to recover a loose ball. It is illegal for an offensive player to grasp his opponent unless it is during a loose ball and in an actual attempt to move the defensive man out of the way to get to a ball which he may legally possess. Hooking during a pass protection block is holding. The use of the upper arm during a crossbody block to trap the defender's leg is also holding. To permit offensive team members the use of their hands in such ways is grossly unfair to the defense.

Defensive players are privileged to use their hands in pushing or pulling an opponent during an actual attempt to get to the runner or the ball. A defensive man may momentarily grasp his opponent while attempting to push or pull him out of his way but, if he retains his grasp, it is defensive holding. Defenders are prohibited from holding an opponent other than the ball carrier. Allowance is made for tracking a player who pretended to be the ball carrier. While it is necessary to recognize the effectiveness of the offensive team's deception, when it causes the defense to tackle the wrong player, it does not cancel the responsibility of the defensive man to avoid any unnecessary tackles.

In attempting to ward off a blocker, a defensive man may use his hands or forearms. He may contact the blocker with his open hand on the head when he is pushing or warding him off. This is legal provided he does not strike a blow. Striking the blocker's head or using the "bell ringer" or "head slap" in order to avoid a blocker is illegal. It is also illegal for the defense to use a forearm to strike a blocker in order to straighten him up.

It is always a foul for any player to strike an opponent. This is true regardless of whether the act is done with the open hand, closed fist, forearm or by swinging the elbow. Those players who come into a game with heavily padded forearms and hands must be immediately suspect of being ready to use an illegal blow when blocking or tackling. Illegal use of the hands by either team must be penalized promptly and consistently. The fact that some officials permit the use of certain tactics, even though they are illegal, or the fact that such tactics are used at other levels of football has no bearing upon whether they are fouls in the National Federation Code. Acts which are classified as illegal by the rules must be penalized.

14. Observing the spirit as well as the letter of the rules (Rule 9-3): There have probably always been and likely will always be players and coaches who will try to gain an undeserved advantage by trying to "beat the rules." Actually, such persons are not beating the rules as much as they are beating the great game of football. As such, they render nothing but disservice to the game.

While the code attempts by rule and penalty to prohibit all forms of unnecessary roughness, unfair tactics and unsportsmanlike conduct, it is obviously impossible to list every conceivable dishonorable act which can take place. It is the responsibility of players, coaches, officials and team supporters to maintain the highest ethical standards. Deliberately violating the rules in the hope or expectation of not being penalized is indefensible. No sportsman will violate any of the unwritten rules which exist for the good of the game. The following paragraphs describe specific acts which are personal fouls.

PILING ON: The rules provide, "no player shall pile on any player who is lying on the ground." This type of action is prohibited in the interest of player safety and specifically for the purpose of protecting a downed player from physical abuse. The penalty for the foul is 15 yards which, in itself, classifies it as a major infraction. The penalty also provides the offender must be disqualified when the piling on is flagrant.

Players, who pile on, do so for other than ethical and honorable reasons. Some players, and perhaps in certain instances they are encouraged by their coaches, believe that "piling on" an opponent who is lying on the ground will tend to make that opponent less aggressive. They feel it will, in the language of the game, "soften the opponent up," or slow him down. Football is a rugged game, but there is no place in it for the mucker who deliberately attempts to injure an opponent. Good players do not depend upon unsportsmanlike tactics to gain their objectives. The defensive player must control his body so when the ball is declared dead he can stop his movement or change direction so he does not pile-on, fall on, or throw his body on an opponent.

In some situations, players pile on for the purpose of making an impression upon their coach or upon the spectators. The qualified coach recognizes that nothing is gained by falling on a player who is downed and knows it will cause his team to be penalized.

The welfare of each player demands the protection afforded him by complete, prompt and strict enforcement of the rules by the officials. This means that no piling on whatever shall be permitted. If any part of the ball carrier, other than his foot or hand, contacts the ground, the ball becomes dead immediately. The official is obligated to sound his whistle promptly. It is not necessary for the defense to make certain the ball carrier becomes prostrate on the ground. If the defensive player piles on, a capable official will promptly penalize the act and he will do so consistently. Coaches have the responsibility of explaining the rule to their players, and coaches must insist players are not permitted to pile on their opponents.

It is regretted some officials have developed a tolerance for this illegal act. This tolerance is evidence of inadequate officiating. There is no judgment involved when a player piles on. When a penalty is not assessed, the official is not fulfilling his responsibility, and, when in-

juries result because of a laxity on the part of the official in penalizing such acts, the official alone is responsible for them.

GRASPING AN OPPONENT'S FACE PROTECTOR: Prior to the availability of the modern face protector, studies definitely established the fact that approximately 50% of all football injuries were to the head, face and teeth. Experimentation conclusively demonstrated the wearing of a modern face protector substantially reduced the number of injuries, as well as their severity. The requirement that every player wear a face protector was instituted for safety reasons and not to accommodate the wearer's opponent. Serious injury can and has resulted when a player's face protector is grasped or twisted. This is a personal foul—the penalty for which is 15 yards. The penalty also provides for mandatory disqualification if the foul is flagrant.

It is obligatory on the part of the official to penalize promptly and without warning the grasping of a player's face protector. Failure to enforce the rule places a player whose protector is grasped not only at a disadvantage from the standpoint of carrying out his assignment, but places him in jeopardy as far as his physical welfare is concerned. Violating the rule makes it possible for the person grasping a protector to realize an advantage to which he is not entitled. No tolerance whatever is permitted in the administration of this provision.

TACKLING OUT-OF-BOUNDS: When a ball carrier crosses the sideline, the ball becomes dead immediately. The runner is out-of-bounds. There is no possibility of his advancing. The rules provide a player who tackles an opponent who is out-of-bounds shall be penalized in the same manner as a player who piles on.

There are similar characteristics in the piling on and tackling out-of-bounds situations. If the action of the tackler were flagrant, his disqualification from the game is mandatory. He must be removed. No judgment whatever is involved in determining whether the runner has been tackled out-of-bounds. The players are expected to know their position on the field. If the runner is out-of-bounds and he is subsequently tackled, it is a foul. The ball was dead at the point where the runner first contacted the boundary line, or crossed it. All action must be stopped at that point. Because the runner may not advance after having gone out-of-bounds, there is no need for the defense to pinion him to the ground in the out-of-bounds area.

It is the obligation of the official to sound his whistle promptly when the ball becomes dead. If this is done sharply and any illegal acts are promptly and properly penalized, players will take the cue and restrain themselves from tackling out-of-bounds. As a result, unnecessary hazards will be removed from the game and the possibility of injury reduced.

Some officials have become lax in enforcing the rules in this respect and are thereby jeopardizing the safety of the participants. Such officials all too often ignore most tackling out-of-bounds and penalize only the most flagrant situations. The rule is definite and requires no

interpretation. There is no possibility for an official pleading that judgment is required in order to properly enforce this provision. Competent officials are able to do so without any difficulty whatever.

BUTT BLOCKING: The blocking technique of using a blow with the face mask, frontal area or top of the helmet driven directly into an opponent as the primary point of contact by offensive players other than the runner is defined as butt blocking. Condemned as dangerous for several years by the National Federation, butt blocking was classified as a personal foul in 1976. The use of the head as a battering ram is dangerous not only to the opponent, but also particularly to the player using the technique. This rule was adopted to eliminate the danger of injury to the cervical spine area present when players were striking their opponents with their helmets or face masks. In blocking, a player should be taught to keep his head up in a stable position with his eyes on his target and, at the last moment prior to contact, move the head to one side so primary contact is made with the shoulder. This technique provides a broader blocking surface and will protect the blocker from injury to his head and neck while protecting his opponent from direct contact with the hard surface of the helmet or face mask.

FACE TACKLING: The danger in face tackling is greater to the tackler than his opponent because the tackler's head is often not in a protective, stable position when contact is made. This may result in extreme flexion or hyperextension of the neck. In these positions the cervical spine area is most vulnerable to injury. A blow to the top of the head when the neck is in flexion may result in permanent injury. Face tackling is defined as driving the face mask, frontal area or top of the helmet directly into the runner. It is the defensive phase of butt blocking and is a personal foul. Players must refrain from using this technique, not only because it is costly to the team through a penalty of 15 yards, but also because it is dangerous to the individual using the technique.

SPEARING: Deliberately and maliciously driving the helmet into a player who is down or who is going down or who is held so his forward progress is stopped or who is obviously out of play is spearing. This is a disqualifying personal foul which has as its purpose to "soften up" or injure an opponent. The use of this technique has no place in the game. Spearing is a deliberate act which will be penalized without hesitation.

"POINT OF CONTACT—BLOCKING AND TACKLING TECHNIQUES," is the title of a 17-minute, 16mm color, sound motion picture produced by the National Federation of State High School Associations to explain the rules relating to butt-blocking and face-tackling. The film uses all modern motion picture techniques including graphics, stop action and slow motion to explain the reason football rules committees are concerned with the techniques of butt-blocking and face-tackling. The film reviews the mechanisms of injury to the head and cervical spine area establishing the reason for adopting the two foregoing changes. It clearly illustrates, through the use of clips from

game films, the exact technique which has resulted in serious injury, in some cases quadraplegia, to a player using these techniques. Through staged scenes, the film illustrates illegal butt-blocking and face-tackling and contrasts these with legal blocking and tackling techniques. It contains action designed to clear up gray areas between illegal and legal acts which may exist in the minds of coaches and officials. Finally, the new movie demonstrates methods for teaching proper techniques of shoulder blocking and tackling. Developing the proper techniques in blocking and tackling will result in reducing injuries to high school football players.

Questionable tactics, such as momentarily holding an opponent, "beating the ball" by the unfair use of a starting signal, player movements for the express purpose of drawing opponents offside, faking an injury, baiting opponents and protesting to an official, are all actions which have no place in the game. If a player cannot gain his objective or a team cannot win a game except by tactics which are unfair, then both the gain and the victory are empty and reflect no credit on the player or the team.

The spirit of the game of football lives in hard charging, effective blocking, aggressive tackling, tireless pursuit, skillful running, passing and kicking, and well-planned game strategy. This spirit cannot be maintained unless the spirit, as well as the letter, of the playing rules are observed.

15. Avoiding unsportsmanlike conduct (Rule 9-4): Any player who acts in an unsportsmanlike manner, either during a period or intermission, shall be penalized. This includes any act an official deems poor sportsmanship. The Rule Book lists some examples but no attempt was made to include all kinds of unsportsmanlike conduct. There is no question insulting language, swearing or intentionally kicking any player is unsportsmanlike conduct. Leaving the field between downs to gain advantage falls into this same category.

For many years, participants have been taught to accept defeat without complaining and to accept victory graciously. Some of the acts of exhuberance following a score, an intercepted pass, a recovered fumble or a tackle behind the line violate these principles. They really have no place in the game. They constitute a type of baiting which is unsportsmanlike conduct.

It is apparent certain acts are intended to draw attention to a player who has made what he believes to be an extraordinary play. For example, when a defensive lineman is successful in downing a quarterback or a runner behind the line, he often comes up leaping off the ground and raising one or both arms with a finger extended to indicate he is number one. Actually, this is the type of play defensive coaches work for and is the result of team effort, not necessarily that of a single individual. Excessive use of this antic may engender ill-will.

In a similar situation, a defender recovers a fumble or intercepts a

pass. When the down is ended he rises from the ground and exultantly holds the ball aloft while running toward the sideline or he may simply run in place in order to have spectators' attention focused on him. In some instances, he may taunt his opponent by holding the ball toward him or tossing the ball toward the intended receiver or opposing player. All of these displays are considered baiting an opponent. They are dead ball fouls which are penalized from the succeeding spot.

The most obvious unsportsmanlike acts, and those which are of greatest concern, involve theatrics which occur immediately prior to or immediately following a score. In these situations, the individual who happens to have the ball often puts on a display to call attention to himself disregarding the fact his accomplishment was the result of a total team effort. Some will criticize the Rules Committee claiming they wish to stifle enthusiasm of the players. This is not the case but the Rules Committee is concerned about acts which produce volatile situations which may erupt causing serious repercussions. For example, a runner who breaks free and while several yards from the nearest defender, in the vicinity of the goal line, turns around and runs backward into the end zone while extending the ball toward his opponent who is in pursuit. This disdain for one's opponent is a form of unsportsmanlike conduct with its only purpose to bait an opponent. This particular act occurs during a live ball and is a foul when the runner initiates his act. The penalty will be measured from the spot of the foul.

When a runner goes into the end zone, there are any number of theatrics which occur, all of which are unsportsmanlike. Typical acts are waving the ball in the face of a defensive player, holding it aloft while prancing around in the end zone or throwing it from the field of play or spiking it. Runners who have scored sometimes may perform some ritualistic dance common only to the individual. In other instances, they may go through a ritual which has nothing to do with football. On occasion, the player who scored and who has placed the ball on the ground or handed it to an official may then perform in a manner which is degrading not only to the game but also to the individual. All of these antics detract from football.

Players perform such acts only because coaches tolerate them and officials do not penalize. These can be eliminated from the game through cooperative action by coaches and officials. Coaches are urged to call to the attention of their players such antics are unsportsmanlike and unacceptable. Officials are directed to penalize these types of unsportsmanlike conduct without hesitation. It is in the best interest of the game to remove such baiting acts as soon as possible.

PART IV

OFFICIATING THE GAME

The Football Official



Once a football game has started, the game officials (referee, umpire, linesmen and field judge) are in complete charge. When an official accepts a game assignment, his responsibility is definite and well defined. The protection and welfare of the players is paramount and with this there can be no compromise. Any official who fails to promptly discharge his responsibility is delinquent and unqualified to officiate interscholastic contests.

The responsibility for making certain the game is played within the rules is jointly shared by the coaches and the officials. The coaches must teach skills and strategy which are in accordance with the rules. When there are infrac-

tions, it is the responsibility of the officials to penalize promptly and with consistency. Vigilant administration of the game rules permits no tolerance for infractions, violations or fouls.

Football is a complicated game and a complete understanding of the rules is necessary for full appreciation of its intricacies. It is difficult to judge whether a play was well executed if the observer does not know if it were legal. How many times have spectators applauded a long gaining play which is called back because of a foul or an infraction. An infraction indicates poor execution. However, to someone who does not know and understand football rules, this serves as a basis for criticism. The rules require that specified standards be complied with and they provide certain privileges for the members of each team.

Coaches must know the rules so they can develop offensive and defensive patterns within the framework of the code. When played according to the rules, football becomes a game of precision and skill coupled with deception and surprise with each team using all of its privileges without encroaching upon those of its opponents. In teaching the fundamentals of football, it is important to remember these must comply with the rules. For instance, in blocking drills, coaches

should teach players to stabilize their heads, keep their eyes on their targets and at the last moment, move their heads to side so they make contact with their shoulders. Also when working with the defensive line, coaches need to point out the player may use his hands or arms to ward off a blocker but may not strike his opponent. Sometimes coaches get so involved teaching strategy they inadvertently neglect to teach the rules. This is unfair to the players and often penalizes the team.

Officials, more than anyone else, need to have a complete understanding and mastery of the rules because they are entrusted with the duty of seeing that both teams meet their responsibilities and at the same time are given their privileges within the rules. Officials must be certain neither team is placed at a disadvantage because of infraction by its opponent. Because complete understanding of the rules requires constant study, it is advisable for officials to form study groups and organize meetings carefully in order to cover the greatest amount of material.

Due to the complex nature of football rules, a discussion may wander unless the leader carefully plans the meetings to include the use of supplementary material which may be obtained from each state high school association office or directly from the National Federation. Some part of each study meeting should be devoted to discussing problems which have occurred during the preceding weeks. Often coaches will loan an official's association game films for study. These can serve as valuable teaching aids if used properly.

The qualifications and attributes of a good football official are many and varied. To have been a good player or even a "star" does not in any way guarantee success. In fact, many of the very best officials have had very limited playing experience. It is desirable that the official have an athletic background, a knowledge of the terms and language of the game (a good football vocabulary), a willingness to learn the rules and mechanics of the game, a love for the game itself, and he must be in good physical condition. He must enjoy working with young people and must, at the same time, be an example of character and strength of personality. An official known to be of poor character, one addicted to the use of intoxicants, or one given to profanity, has no place in the game. In order for an official to maintain complete control of a game, he must earn the full respect of players, coaches and spectators.

For practically all football officials, officiating is a hobby; a pleasant avocation; an opportunity to continue associations and friendships in the world of sports. Ordinarily it is not a way of earning a living. Anyone who becomes a football official with the hope of thereby earning his livelihood is doomed to disappointment. True, the modest fees which he receives are usually helpful and welcome, but they will never adequately compensate the official for his time and efforts. His remuneration will be in the nature of continuing athletic activity, of friendships gained, youth renewed and the satisfaction of having rendered an important service.

A CODE OF ETHICS FOR ATHLETIC OFFICIALS

Believing that mine is an important part in the nationwide school athletic program, I pledge myself to act in accordance with these principles.

1. I will honor contracts regardless of possible inconvenience or financial loss.
2. I will study the rules of the game, observe the work of other officials and will, at all times, attempt to improve myself.
3. I will remember that while my work as an official is important, I must conduct myself in such a way that attention is drawn, not to me, but to the boys playing the game.
4. I will dress and maintain my appearance in a manner befitting the dignity and importance of the game.
5. I will shape my character and conduct so as to be a worthy example to the boys who play under my jurisdiction.
6. I will be fair and unbiased in my decisions, rendering these without regard to the score or next year's contract.
7. I will give my complete cooperation to the schools which I serve and to the state association which I represent.
8. I will cooperate and be professional in my association with my fellow officials and will do nothing to cause them public embarrassment.
9. I will, in my actions on the field, be firm but not overbearing; courteous, but not ingratiating; positive, but never rude; dignified, but never arrogant; friendly, but not companionable; calm, but always alert.
10. I will keep in mind that the game is more important than the wishes of any individual player or coach or the ambitions of any individual official.
11. I will be prepared both physically and mentally to administer the game.
12. I will not smoke on or in the vicinity of the playing field, nor drink any alcoholic beverages on the day of the game.
13. I will not give any information which might be used by a team's future opponent nor will I visit with any player during time-out.

HOW THE RULES ARE MADE

It is a fundamental belief of the National Federation that organizations which sponsor broad programs of competition have an obligation to construct rules for these sports in order to insure the activities are conducted in accordance with the purposes of interscholastic athletics. With this in mind the National Federation, in 1931, developed a code of football rules specifically adapted to the needs of high school players. This original code was adopted on an experimental basis by the state associations of Illinois, Iowa, and Wisconsin. In 1932, the very successful use of the experimental rules led to their adoption by the three states and Kansas. At that time the rules were referred to as The National Federation Football Rules and more commonly as "High School Rules." This code has now been adopted by 47 of the 50 states in the Union and by the District of Columbia.

In 1957, the National Association of Intercollegiate Athletics and the National Junior College Athletic Association joined their forces with those of the National Federation in writing and adopting the rules of football. In 1958, the National Federation Code became the National Alliance Football Rules and member institutions of these three groups play their interschool football games under this set of rules. In 1973, the NJCAA withdrew from the alliance. The complete dissolution of the Alliance occurred following the 1977 meeting when it was mutually agreed the NAIA would withdraw. A rules committee, composed of voting members from each of the states using the rules, meets annually to consider rules changes and revisions for the forthcoming football season. Advisory members from the various states also attend on a non-voting basis. Representatives from the Athletic Goods Manufacturers Association, the National Trainers Association and the American Medical Association have attended annual meetings of the rules committee.

The committee functions by markedly democratic process. A simple majority vote either adopts or rejects proposed changes in the rules. Five standing subcommittees from various phases of the rules and game administration meet prior to the committee sessions to consider proposals for revisions. Recommendation from the subcommittees are submitted to the committee-of-the-whole for consideration. In addition, suggestions for revisions may be submitted by individuals for consideration by the committee.

Foremost among the various guidelines used to facilitate the work of the committee is the annual rules questionnaire. This is prepared by the National Federation and is mailed, at the close of each football season, to state high school associations, and other interested groups. The questionnaires are distributed to coaches, officials, athletic directors and school administrators with the request that they express their views and opinions regarding existing rules and vote on a list of possible rules changes. More than 8500 of the questionnaires are returned annually. Results of the voting and opinions expressed are

tabulated and made available to the National Federation Rules Committee.

When studying the various proposals for rules revisions, the vote tally on the questionnaire is given consideration. The committee members are not obligated to vote in complete accordance with the results of the questionnaire, but are expected to use their judgment because they are knowledgeable and are in a position to evaluate the effects a rule change may have on the overall code. They do not always change the rules as recommended by the questionnaire.

Other principles which guide committee members in reaching decisions on proposed changes are the answers to these questions: (1) Is the proposed change fair and equitable? (2) Does it give either the offense or the defense an advantage? (3) Is it workable? (4) Can it be worded so that it will "fit into" the body of the rules? (5) Does it complicate the rule? (6) Is there a safety factor involved? (7) Is it, in general, a change which is for the good of the game?

Football continues to be an acceptable part of the school program because it contributes to the development of desirable qualities which result in enthusiastic and clean competition. The game is popular because it is interesting both to participants and to fans. Football is kept modern through research and experimentation. Annually, the National Federation authorizes experimentation in several different areas to determine if modifications of the rules would make the game more attractive. Those states in which experimentation is authorized are required to maintain and complete records which reflect the results of the experimentation. Using this information as a basis, the rules committee may react to suggested changes on a sound basis.

The Importance of Rules

In a game which involves the purposeful movement of 22 players, the carrying, kicking and passing of a ball, personal contact by opponents, frequent changes of ball possession and the employment of many natural and acquired skills, the need for and importance of an effective set of rules governing play is at once apparent. Because football is a game in which vigorous contact between players is encouraged, a lack of adequate rules of play or poor enforcement of existing rules could result in deterioration of a fine game into a series of brawls. The law of the jungle would supplant the law of reason, justice and fair play.

As the game develops and new features are added, rules coverage must be provided to insure all will benefit. Football is becoming increasingly complicated and, as a result, the rules must be changed frequently. That is, as the game becomes more involved, so must the rules become more detailed. This is not to imply the rules should become more restrictive but they must be adopted to the best new features.

Keeping the ball alive as much as possible provides for greater

interest and excitement in games of all types. This certainly is true in football. While the ball is alive, players must make instantaneous decisions based upon instinct and training. Those charged with the responsibility of developing rules believe in the desirability of providing players additional opportunities to make choices consistent with other principles of the game. Some advocate additional restrictions which would remove choices. These are to be resisted at all levels.

In drafting a desirable code of football rules, a great many criteria and guidelines must be followed. Given below are a few of the more important of such points of departure.

(1) **Fair Play:** The rules must, first of all, guarantee fair play; to the end that no player and neither team gain an unfair advantage over an opponent. This criterion is basic and transcends all other considerations.

(2) **Balance between offense and defense:** Because the team in possession of the ball has the advantage of knowing where and in what manner the ball is to be advanced, the opposing defensive team must have certain equalizing privileges not given to the offense. To permit the offense to have "rights" of the defense in all respects would give an unfair advantage to the team with the ball. For example, while on offense, a player may not ordinarily use his hands to fend off an opponent. On defense, however, a player may use his hands to push or pull an opponent in order to reach a runner or a loose ball.

(3) **Definitions:** A good set of rules will carefully define the various words and expressions (e.g., blocking, fumble, kick, snap, etc.) used in playing the game and will do this near the beginning of the Code. This eliminates the need for lengthy and complicated wording in later sections of the rules.

(4) **Brevity:** Rules must be expressed in brief and concise language. Repetition should be avoided. Detailed explanation of the rules should be left to related and corollary rules publications.

(5) **Exceptions:** Exceptions to existing rules should be avoided, except in the very few situations where lack of certain limited exceptions might result in serious inequity. Too many exceptions make it difficult to learn and apply the rules.

(6) **Codification:** Football rules should be carefully codified with related rules of play appearing under a common heading. The National Federation Rules are codified under ten main headings or divisions (e.g., kicking the ball, conduct of players, scoring plays, etc.). This permits easy reference for a student of the rules.

(7) **Simplicity:** In a game as complicated as football, the rules governing play cannot always be reduced to simple statements. At the same time, a satisfying set of rules will provide for maximum simplicity by avoiding exceptions and by avoiding the use of highly technical terms, unless they have been previously properly defined.

(8) **Adaptability:** The rules of football should be written with the player constantly in mind. For example, the National Federation rules

generally are written with the capabilities and needs of a high school player always foremost. The needs and capabilities of a high school player will differ from those of a university or professional athlete. A discriminating set of rules is adaptable to the size, weight and age of the players it is intended to serve.

(9) **Player Safety:** An appropriate football Code will keep uppermost the need for creating a climate of safety for all participants. Because football is a game which involves vigorous personal contact, the rules of the game must leave nothing undone which might contribute to a player's chances of coming out of a game without serious injury. These rules considerations limit the type of player equipment which a player may wear on his person. Rules must permit the prompt replacement of an injured player and must clearly and specifically provide for penalizing or disqualifying a player who violates the rules regarding illegal and dangerous personal contact.

(10) **Use of Fundamentals:** A good code of football rules should resemble a textbook in algebra, geometry or the sciences. If the code is properly written and organized, proper enforcement will be based on a few axioms; certain statements are always true. If the rules are so organized, a good official, coach or player is not required to learn the body of the rules verbatim. Instead, the mastery of a few fundamental statements will permit proper application of the rules for the situations which may arise on the field. Mastery of the rules thus becomes an exercise in reasoning, not in the recall of many isolated statements.

FOOTBALL RULES FUNDAMENTALS

The unit of a football game is the down. A down starts with a snap or a free-kick and ends when the ball next becomes dead. Hence, a down is always in progress while the ball is alive. While the ball is dead, it is a period between downs.

Team A is always the team which puts the ball in play. During the first part of a down, team A is always the offense but becomes the defense if team possession changes. When a kick is involved, K1 is a player of the kicking team and R1 is a player of the receiving team.

A live ball is always in possession of one team or the other, even though a player may not be in possession. For example, while a passed or kicked ball is in flight, no player is in possession but the ball remains in possession of the team which kicked or passed. When a live ball is not in possession of a player it is a loose ball. A ball can be loose only during a fumble, kick or pass.

It is impossible for a player to fumble unless he has had possession. When the term fumble is used, it means the fumbler had possession. When a loose ball is juggled without the player having secured possession, it is a muff. The term bat refers to an intentional act as opposed to merely touching or muffing. If the ball is accidentally kicked, it is treated the same as any muff.

A player does not gain possession or complete a catch, interception or recovery unless he is in contact with the ground inbounds. Therefore, when he leaps and gains control of a loose ball while he is in the air, any loss of control before he returns to the ground is a muff. A player may complete a catch, interception or recovery if he leaps to control a loose ball and while airborne is blocked or tackled by an opponent with such force that he is carried out-of-bounds.

A kick or a pass continues to be a kick or a pass until a player secures possession or until the ball becomes dead without possession. Consequently, if a kicked ball or backward pass strikes the ground and bounces or rolls, it is still part of the kick or pass. Likewise, if a kick is caught or recovered by a player, the kick is ended and the player who catches or recovers immediately becomes a runner even though he might be standing still with the ball in his possession.

Fouls occur either during a down (during a live ball) or between downs (during a dead ball). Player action which occurs after the ball is dead is a foul between downs. It has no bearing on action which occurred during the down. An unsportsmanlike conduct foul during a dead ball period which follows a live ball foul by the same team does not constitute a multiple foul, and both fouls are penalized. When there is a live ball foul by one team followed by a dead ball foul by the opponents, both fouls are penalized in the order of occurrence. If a dead ball foul follows a down during which there was a double foul, the penalty for the dead ball foul will be separately administered. All dead ball fouls are penalized in the order of their occurrence.

No foul causes the ball to become dead and if a foul occurs while the ball is alive, the official will not sound his whistle until the down has ended. No foul causes loss of the ball. After a distance penalty has been measured, the ball always belongs to the team which was in possession at the time the foul occurred. In certain situations, the ball may then be awarded to the other team (as in certain forward pass infractions during the 4th down).

To determine the spot from which the penalty shall be measured when a foul occurs, all action is classified as: (1) a running play; or (2) a loose ball play; or (3) between downs. All live ball fouls are enforced in accordance with the All But One enforcement principle as outlined in Rule 10, except when the defense fouls during a successful try or during a down which results in a successful field-goal or a touchdown. The entire enforcement philosophy is condensed into one rule. Enforcement provisions apply to all fouls, whether by players or non-players and are not complicated by exceptions or special penalties.

The Importance of Study

A prospective official who is unwilling to devote many hours of study to his avocation had better give it up before he starts. Intensive study is necessary. There is just no substitute for it. Included in the

materials which he must master are the rules themselves, related study topics and mechanics and techniques.

In this respect, the official who officiates in games played under the National Federation rules is extremely fortunate. There is a wealth of study material available to him. All of it may be secured through his state association or through related agencies. The following items should be utilized by every official desirous of improving himself.

1. **Football Rules:** The Bible for all football officials. All related study materials are based upon this Code and supplement it.
2. **Football Rules Simplified and Illustrated:** Published by the National Federation as an aid to a better understanding of the rules through the use of appropriate drawings and diagrams explaining certain aspects of the rules.
3. **The Football Case Book:** A booklet containing several hundred football play situations and correct rulings, all based upon the National Federation rules. This booklet is as "official" as the rules book itself. It also contains detailed comments on various sections of the rules.
4. **The Football Handbook:** Published by the National Federation in every odd-numbered year. It contains items of interest to coaches, officials and players. Also included are comments on portions of the rules.
5. **Football Meeting Folder:** Contains rules study material and examinations. Especially valuable for use in meetings of local football officials' groups.
6. **Football Officials Manual:** Published by the National Federation in even-numbered years. Describes in detail the mechanics and techniques which are to be followed in officiating a football game. It is the football official's answer to the question of how to officiate.
7. **Football Examination:** Published annually by the National Federation in two parts. Part I is usually used as a review examination and, in many states, officials may write the test with open Rules Book. Part II is designated for a supervised type of examination.
8. **"Goal To Go":** The most recent edition of a series of instructional football films. Designed primarily as a training device for officials, the film is of interest and is available for showing to squad members, student assemblies, and local service groups.
9. **Football Transparencies:** Transparencies for use on overhead projectors are available to state and officials' associations. These popular visual aids are available in sets of twenty (20) and include a complete outline for discussion. Selected situations which are frequently misinterpreted or misunderstood are explained. They are particularly useful to local officials' associations.
10. **"So Now You're an Official":** A booklet dealing with the joys, rewards and tribulations of a career in officiating, written in a light and somewhat humorous vein.

With all this material available for reading and study, there is really no good reason for an official not to be thoroughly versed in the rules and in the mechanics of officiating; provided he is willing to utilize his spare time to keep current and to further his knowledge.

Discussion of Certain Phases of the Rules

Rule: 1-3-2: Each team is privileged to use a legal ball of its choice for those downs during which it free-kicks or snaps. Teams may submit more than one ball for examination prior to the game. Only those which have been approved may be used. If a team submits and receives approval for more than one ball, either may be used during the game. However, a particular ball must be used for a given series. This is to say, a team may not choose to use a composition covered ball for the first three downs of the series and then kick a different ball. Similarly, if a new quarterback comes into the game during a series, he will be required to use the ball for the remainder of that series which was used in play at the beginning of the series. If the field were wet or muddy, the referee may permit a team to change balls between downs. Ball boys who have the responsibility of supplying alternate balls and retrieving balls which become unplayable shall be assigned by the home management when required. They are permitted to come onto the field only as required to hand the ball to the nearest official for exchange. Ball boys are considered part of the officiating crew and as such forfeit any privilege of offering encouragement to their team or in any way criticizing the officials or opponents. Their attitude must be similar to that of the crew operating the line-to-gain equipment.

1-5-1a: The primary consideration of the National Federation Football Rules Committee is the safety of the participants. In order to evaluate the protective qualities of football helmets, the National Federation of State High School Associations, in cooperation with other interested athletic organizations and manufacturers, formed the National Operating Committee for Safety of Athletic Equipment (NOCSAE) in 1971. This organization has supervised tests on football helmets over a three-year period in order to establish test standards for evaluating the protective effectiveness of football helmets. It is recommended, schools purchasing new helmets obtain only those carrying the NOCSAE stamp of approval and beginning in 1980 all players shall be required to wear helmets which carry the NOCSAE stamp of approval. The result of this requirement has been the elimination of large number of helmets which did not afford adequate protection.

1-5-1f: Numbers are a required part of player equipment. The rules specify the numbers be of a single color contrasting with the color of the jersey. Only single colored numbers are legal. This requirement has remained unchanged since the National Federation Code was adopted. In some instances, schools have unknowingly purchased foot-

ball jerseys with numbers which were not in compliance with the rules. Any jersey purchased to be used in interscholastic play shall have single colored numbers which contrast with the jersey color.

Ineligible interior linemen shall be numbered 50-79 and eligible receivers numbered 1-49 or 80-99. All players on offense shall be numbered 1-99. No other numbers are legal. Squad members shall not wear identical numbers. The change permits limited flexibility in moving players from one position to another. At least five players numbered 50-79 must be on the line-of-scrimmage at the snap. There may be more players on the line with numbers between 50-79, but they will not be eligible receivers. With the change, there must be a combination of number and position to make a player eligible. That is, to be an eligible receiver, a player must be on the end of line or clearly in the back-field and wearing a number between 1-49 or 80-99. Players wearing these numbers may be interior linemen, and if they are, forfeit their eligibility.

1-5-3f: It is sometimes necessary for players to be bandaged or taped as a result of injury. When this tape or bandage is on the hand or forearm to protect an injury, it is necessary for the umpire to examine the application of protective materials to determine if they conform with the rules. The umpire should, immediately after his arrival at the game, notify both coaches if any player has a hand or forearm injury which requires taping or bandaging, the rules require his inspection of such injury and the specific approval of any taping or bandaging below the elbow (except taping the wrist as provided in 1-5-3e).

Each coach should inform the umpire if he has players who need the umpire's approval for this protection. If the hand and/or forearm is taped or bandaged without the approval of the umpire, it may be necessary to require the removal of the tape or the bandage so the umpire may examine the injury. Unfortunately, some coaches attempt to circumvent the requirement, by having the taping or bandaging applied before reporting the injury to the umpire. When this is done, it is frequently in an attempt to intimidate the umpire so he will not make an actual examination of the reported injury.

Forearm and hand pads sanctioned by the umpire as being made entirely of soft, non-hardening, non-abrasive material are permitted. Tape and bandages on the hand or forearm may not be worn to prevent an injury. Exception is made in the case of non-hardening, non-abrasive tape or bandage (not to exceed three thicknesses) and sweat-bands. When any of these are worn on the wrist beginning at the base of the thumb (proximal end of the metacarpal bone) and extending not more than 3 inches toward the elbow they are legal without inspection or sanction.

RULE 2: 2-1-2 and 3: There are two types of ball possession, player possession and team possession. A ball is in player possession when it is held and controlled by a player after it has been handled or snapped to him, or which he has caught or recovered. It is in team possession

when a player is in possession and any time a live ball is loose. A loose ball occurs when a player has lost possession through a kick, pass or fumble. When a live ball is loose, it remains in possession of the team, whose player last had possession. Thus, when K1 kicks the ball from scrimmage, it remains in possession of his team (K) until the opponents (R) gain possession, or the ball becomes dead. As long as the ball is alive, one team is always in possession.

The ball becomes alive (in play) when it is snapped or free kicked. At such times, a down is in progress. The ball is dead when there is a period between downs.

Play: A1 receives the snap, runs to his right and throws a legal forward pass to A2. A2 advances and fumbles. Fumble rolls along the ground and is then recovered by opponent B1 who runs 10 yards and is downed. **Ruling:** Ball is alive from the snap until declared dead in possession of B1. First in player possession is A1 who loses player possession when he passes. While the ball is in flight, it is in team possession of A. It remains in possession of team A until the fumble by A2 is recovered by B1. It is then in possession of team B until the ball becomes dead.

Why is it important to know which team is in possession? For one reason, if a foul had occurred while Team A was in possession, regardless of any change in possession after the foul, if the penalty were enforced, the ball would belong to Team A (the team in possession at the time of the foul) after enforcement.

2-9: The free-blocking zone is a rectangular area extending laterally four yards on either side of the spot of the snap and three yards behind each scrimmage-line. In order to utilize all aspects of football, blocking from behind in the free-blocking zone immediately following the snap is not clipping provided the blocker was in the free-blocking zone at the snap and contact was made within the area. The free-blocking zone is not to be increased or extended at any time. The right to charge into the back of an opponent during close line play is not to continue after the initial line charge has ceased or after the position of the runner is established or after the line-of-scrimmage has disintegrated. The following play will illustrate:

Play—During a scrimmage-play, B1 charges through the offensive line and is blocked from: (a) behind in the free-blocking zone by A6 who was adjacent to the center at the snap; or (b) the side above the waist by running back A4 who was not in the free-blocking zone; or (c) behind while $2\frac{1}{2}$ yards behind the line by A5 who was not in the free-blocking zone at the snap. **Ruling—**Legal in (a) and (b). In (a) the contact must have been made within the free-blocking zone. It is clipping in (c) because A5 had not been in the free-blocking zone at the time of the snap.

2-10-4: It is a foul for a player to touch the ball in four situations. (a) It is **encroachment** if, after ball is placed for a snap, B1 touches it (7-1-1); (b) It is **pass interference** if an ineligible touches a forward

pass beyond the line (7-5-6b); (c) it is an **illegal forward pass** if an ineligible intentionally touches a forward pass in or behind the neutral zone (7-5-2c); (d) It is **fair catch interference** if a kick in flight is touched beyond the line by K before R has touched the ball (6-3-5).

2-30-4: One of the spots used for enforcing penalties is the spot where the run ends. This frequently is the same as the spot of dead ball but it is not always the same. If a runner advances beyond the line and then loses possession through a backward pass, or an illegal forward pass, or a fumble (including an illegal kick), the run ends where the ball becomes loose. However, the ball becomes dead at some other spot. As far as penalty enforcement is concerned, the entire action, including the time the ball is loose, is considered part of a running play. The basic enforcement spot for the penalty is at the spot where the run ended rather than where the running play ended.

Play—A1 advances beyond the line to B's 30 where he throws a backward pass which is caught by A2 on B's 35 and advanced for a touchdown. **Ruling**—The first run by A1 ended on B's 30. The first running play ended where A2 secured possession, i.e., B's 35. The second run ended at B's goal line where the ball became dead. If a foul occurred during the first running play, the basic enforcement spot is where the first run ended. If a foul occurred during the second running play, the basic enforcement spot is where the second run ended, i.e., B's goal line.

2-30-6: The technical term spot of the foul usually means the place where the foul occurred. However, if the foul is committed out-of-bounds or if the foul is committed by coach or attendant (non-player), it is necessary to deviate from the dictionary meaning of spot of the foul. If the foul is committed out-of-bounds, it would be impractical to assess a penalty from that point. Consequently, the spot of foul in this case is interpreted to mean the intersection of the inbounds line with the yardline through the spot where the out-of-bounds foul occurred.

Likewise, it would not be practical to allow the position of the player's bench to have an influence on enforcement. When there is a foul during a live ball by a non-player, it is treated the same as if the non-player had been standing at the spot where the ball was put in play. Hence, the spot of the foul for any non-player foul is at the spot of the previous snap or free-kick. This does not mean that the penalty for such a foul is always enforced from there. Such fouls follow the All-but-One enforcement principle the same as any other foul which occurs during a live ball.

Play—1st and 10 on the 50. Runner A1 advances to B's 20. While he is running, the coach of A illegally enters the field at B's 40.

Ruling—The spot of the non-player foul is considered to be at the spot of the snap. Because this is a foul by A during a running play, the basic spot of enforcement would be B's 20 (where the

run ended). However, since the spot of snap is behind the basic spot, the 15-yard penalty is enforced from the 50.

The spot of the foul for failure to continuously and properly wear required player equipment is the spot where the foul occurs. That is, the spot at which the official observes required equipment missing. If a player is not wearing required equipment when the ball is about to become alive, this is a dead ball foul for delay. For instance, after the offensive team has taken its final position and the quarterback is calling signals, but before the ball is snapped, it is noticed a player is without required equipment, the whistle shall be sounded immediately and the ball not permitted to become alive. The 5-yard penalty will be administered the same as any dead ball foul from the succeeding spot. At all other times this foul occurs during a live ball period, and the penalty will be enforced in accordance with the all-but-one principle.

RULE 3: 3-1-1: In the majority of states, the football season culminates with a playoff series to determine a state champion. Because of this, it is desirable to determine a winner in those games which are tied at the end of regulation play in order for the team to advance to the next level of competition. When it is agreed games ending in ties be resolved, playing time may be extended for this purpose. There are a number of different procedures used for resolving ties. The rules committee recommends the use of the 10-yardline procedure which is described in the appendix of the rule book. This procedure requires extension of playing time during which each team is given a series of four downs from its opponent's 10-yardline with the winner being declared at the end of any series in which one team is ahead in score. It is not required that ties be broken. This is something to be decided at the state level.

3-1-2: A period or periods may be shortened in any emergency by agreement of opposing captains and the referee. This decision may be reached at any time during the game. When a team is represented by more than one captain, only one may serve as spokesman. Presumably the captains will have consulted with their coaches prior to the decision being made and one captain from each team will discuss the matter with the referee.

3-1-4: A game may be suspended by the crew of officials whenever weather conditions are construed to be hazardous to life or limb of the participant. This suspension may be a slight delay or a suspension of several days depending upon the circumstances. When a game is so suspended, it shall be continued from the point of interruption unless the teams agree otherwise or unless there are conference, league or state association regulations which outline the procedure for completing the game. The committee has recognized there are unusual conditions for which there can be no preparation by those responsible for administering the program. Whenever such events do occur, there is a definite procedure to follow. This provision does not require that interrupted games shall be continued. It is acknowledged there may be some instances in which continuing or resuming the games would

not be practical. In the absence of contrary provisions and in emergencies, teams may mutually agree the game should not be continued.

3-4-1: When a period begins with a kick-off, the clock shall start when the kick is legally touched (other than first touching). This provision also applies following a try or a safety and when a free-kick is chosen following a fair catch. It eliminates the possibility of the free-kicking team denying the receivers the chance to secure the ball when only a few seconds remain at the end of the 2nd or 4th quarters. Previous to the adoption of this rule, it was possible for the kicking team to run out the clock by kicking the ball away from the receivers, thus refusing to make the ball available to the team entitled to receive it by a free-kick.

The receiving team cannot touch a free-kick illegally except by batting or kicking a loose ball. Therefore, anytime a free-kick is touched by a receiver, the clock will be started. The clock will not be started when a free-kick is first touched by K. If the provision included starting the clock on first touching, it would be possible for the kicking team to withhold the ball from the receivers in the waning moments of a half by continually kicking it so that it could be first touched or recovered by teammates. After the ball has crossed R's free-kick line, the touching by K will cause the clock to be started.

When a period is to be started with a snap, the clock will be started when the snap is made. If the clock were stopped during a period because of: (a) a fair catch; or (b) the ball being declared dead behind the goal line, other than a safety or a touchdown; or (c) the ball being out-of-bounds; or (d) following an incomplete pass; or (e) because of a charged time-out, the clock will be started with the snap. When the clock is to be started with a snap, the referee will signal the ball ready-for-play and then move to his position behind the offensive team. The timer will start the clock when the ball is moved for the snap.

When the clock is stopped during a period, it will be started with the ready-for-play signal, if it were stopped for an officials time-out or because the ball became dead following a foul provided: (a) there had been no charged time-out during that interval; or (b) the down was not an extension of a period or a try; or (c) there has been no abuse of 3-6-3; or (d) the action which caused the down to end did not also cause the clock to be stopped. If the clock were stopped when the ball becomes dead following a foul and this is the only reason for stopping the clock, it will be started when the referee declares the ball ready-for-play immediately following the declination or administration of the penalty. The purpose of this rule is to reduce the amount of time the clock is not running due to foul situations thereby reducing the total elapsed game time. It will discourage the practice of a team trying to conserve time by committing a foul. When the clock is stopped for an officials time-out, it will be started when the ball is declared ready-for-play. This includes when a first down is awarded and when there is a change of team possession.

3-5-1: Each team is entitled to three charged time-outs during each half. Any player may request a charged time-out on behalf of his team. This is no longer limited to the captain or player authorized by the coaching staff. Because of the unlimited substitution opportunities, unauthorized players often made the request and often were granted charged time-out. This caused problems from the coaching standpoint. Presently, the coach retains the authority to limit the players whom he wishes to authorize to make requests for time-outs without notifying the officials. At the same time, it will permit him to instruct a nearby player on the field to request a charged time-out even though he was not previously, specifically authorized. Well disciplined teams will have no problem whatever with unauthorized players requesting charged time-outs.

3-5-2 and 3: Each team may request and be granted one or more of its allotted charged time-outs during a single dead ball period. Not only may a team be granted a charged time-out following a time-out charged to its opponent, it may also extend a charged time-out it was granted by an additional charged time-out. It is also possible for one team which was granted a charged time-out following a time-out charged to its opponent to be granted another charged time-out during the same dead ball period. This is assuming it has not used its allotted time-outs. The length of the time-out remains at 1½ minutes. It would be unusual for a team to request successive time-outs but this possibility is permitted.

If the time required for the repair of a player's faulty equipment without assistance from a team attendant takes more than 25 seconds, a time-out is charged to that team, if such time-out is available. When 25 seconds are not ample and when a time-out is not available, the player must leave the game for at least one down. Twenty-five seconds is the maximum length of time permitted for player equipment repair without charging a time-out. This enables officials to be consistent.

Play—After the ball is dead, the referee notices, or has his attention called to the fact, A1 has broken a chinstrap or a shoestring. A1 attempts to repair the equipment without assistance from team attendant, substitute, or coach. **Ruling**—Official will stop clock for repair of equipment. If A-1 can, without assistance from the bench, repair the equipment within 25 seconds, it is an official's time-out. As soon as repairs are completed, the referee will give the ready-for-play signal and then immediately signal the clock to start. Team A then has 25 seconds to put the ball in play. If A1 consumes more than 25 seconds in making the repair or if he receives assistance from the bench, it is a charged time-out if A1 has any permissible time-outs coming. If not, A1 must be replaced for at least one down.

3-5-5: Time-out requested for an injured player who is designated is charged to the officials and the player must leave the field for at least one down. A team is not charged with a time-out granted for an injured player provided the player is replaced. Some teams in attempting

to save time-outs for strategic use late in the second or fourth quarters were often using unsound procedures in removing injured players to avoid requesting a time-out for this purpose. For instance, there were reports of teams having been coached to drag injured players to the sideline in order to avoid a time-out being charged to the team. The danger of more serious injury following this procedure was recognized and the changed adopted. There is no need for teams to hesitate in requesting a time-out when a player is injured. While there is a possibility teams may attempt to abuse this privilege and have players fake injury in order to get the clock stopped, it is doubted this will become prevalent.

3-5-8: When a coach believes a rule has been misapplied or misinterpreted, he may request a time-out through a player to discuss the matter with the referee. The request for such a discussion must be made prior to the ball becoming alive following the play which is being questioned. Following a request by a player for a time-out to reconsider a decision, the referee will discuss the matter with the coach at the sideline and directly in front of the team box. The coach is not authorized to come onto the field. Following his discussion with the coach, the referee may consult his crew.

If the rule has not been applied in conformance with the code, the situation will be corrected and the time-out charged to the official. However, if the coach's contention were wrong and there was no correction to be made, the time-out will be charged to the team unless it had no time-outs remaining, in which case the team will be penalized for delay of game. If the request for the coach-official conference is made during a charged time-out, the time-out may be extended by an official's time-out in order to complete the discussion. Coaches are not authorized to question any judgment decisions by the officials.

3-6-2d: If any player is not properly wearing required player equipment when a free-kick or snap is about to occur, it is delay of game. This provides for penalizing a team when a player is not properly wearing required player equipment during a dead ball period when a free-kick or snap is imminent. The revision, in no way, affects the penalty for failure to properly wear required player equipment during a live ball. It does authorize the officials to penalize for a foul which occurs during a dead ball and immediately prior to the free-kick or snap. Penalty for this dead ball foul is administered from the succeeding spot.

3-6-3: Whenever the referee believes a team is attempting to illegally consume or conserve time, he may order the clock stopped or started according to the situation. If, near the end of a half, B1 encroaches for the purpose of stopping the clock, the referee will start the clock with the ready-for-play signal following the administration of the penalty, if the foul were the only reason for stopping the clock. Anytime it is obvious a player is causing the clock to be stopped by rule or with the intention of conserving time, the referee shall order the clock started with the ready-for-play.

RULE 4: 4-2-2a: When used in National Federation football publications, a place-kick holder refers to a player who is on his knee or knees in a position to hold for a place-kick with a teammate in a kicking position at the time of the snap. When the place-kick holder receives a snap in this position, the ball remains alive if it is kicked, or if the holder rises to then hand, kick (drop-kick or punt), pass or advance the ball. When the place-kick holder finds it necessary to rise in order to receive an errant snap, he continues to be a place-kick holder and, if he then immediately returns to his knee(s) on the ground in position to hold for a place-kick, the ball remains alive. If the place-kick holder fumbles or muffs the snap and, without rising, recovers, he may place the ball for the kick or he may rise to attempt to advance and the ball remains alive. A loss of possession by the place-kick holder while his knee is in contact with the ground does not cause the ball to become dead. He may recover or a teammate may recover and legally advance. Except in the case of an errant snap, or while being a place-kick holder, he muffs or fumbles and thereafter he gains (or regains) possession and becomes a runner, any subsequent contact with the ground other than with his hand or foot causes the ball to become dead.

The following codified summary provides a basis for making a ruling for any situation which develops in connection with holding or attempting to hold the ball for a place-kick. An application of the principles will provide a basis for interpretations for any given situation. The codification is based on the principle that a player who is a place-kick holder at the snap continues to be a place-kick holder until the ball is kicked; or until he becomes a runner; or until the ball becomes dead; or until the place-kick holder hands, passes, advances, or kicks the ball. After he ceases to be a place-kick holder, he cannot again become a place-kick holder during that live ball period.

ON HIS KNEE when he receives the snap:

- a. He may place the ball for a kick and it remains alive.
- b. He may rise to become a runner, i.e., to hand, kick, pass, or run. The ball remains alive as long as he does not, after rising, touch the ground with the other than his hand or foot.

IF HE MUFFS, while on his knee:

- a. He may recover and place the ball for the kick.
- b. He may recover, then rise to become a runner and advance. In this situation the ball will be dead if, after rising, he touches the ground with other than a hand or foot.
- c. He may rise, recover, and then advance.
- d. He may rise, recover and immediately place for the kick and the ball remains alive.

IF HE FUMBLES while on his knee:

- a. He may recover and place the ball for the kick or rise to advance and the ball remains alive.

- b. He may rise, recover, and advance, and the ball will remain alive. In this situation, after advancing, the ball becomes dead if he contacts the ground with other than a hand or foot.
- c. He may rise to recover and then place his knee on the ground to hold if the ball is actually kicked provided he has not attempted to advance.

IF HE RISES TO CATCH AN ERRANT SNAP:

- a. He may immediately go to his knee to place for a kick and the ball will remain alive.
- b. He may advance.
- c. If he starts to advance and then goes to his knee, placing the ball on the ground, it becomes dead immediately.

IF HE IS PRETENDING TO BE A PLACE-KICK HOLDER and receives the ball while his knee is not on the ground he is a runner:

- a. The ball may be placed for a kick and will remain alive provided he does not touch the ground with other than a hand or foot.
- b. If he muffs he may recover and advance.
- c. If the fumbles he may recover and advance.

(In these three situations the player is feigning to be a place-kick holder. He is, in fact, a runner and, therefore, if he contacts the ground with other than a hand or foot the ball becomes dead immediately.)

4-2-3: Occasionally an official sounds his whistle accidentally or inadvertently during a live ball. Whenever this occurs the ball is dead immediately and play is stopped. When such an error occurs, it places one team or the other at some disadvantage. The rules contain provisions for putting the ball in play following such an unfortunate incident which minimizes the inequities.

If an inadvertent whistle were sounded during a down which ended behind the offensive line of scrimmage or during a kick or while a legal forward pass or snap was in flight, the down will be replayed unless there was a change of team possession prior to the whistle. If the whistle was inadvertently sounded while the ball was in player possession beyond A's line of scrimmage or following the change of team possession, the ball is dead at that point and the down is counted.

An inadvertent whistle which is sounded while the ball is loose following a backward pass or a fumble beyond A's line of scrimmage, or following a change of team possession behind the line will cause the ball to be awarded to the team last in possession at the spot where possession was lost and down will be counted. Anytime play is stopped during the last timed down of a period because of an inadvertent whistle, the down will be replayed according to the foregoing conditions and the period extended by an untimed down for this purpose. Of course if the down is not to be replayed, the period is ended.

RULE 5:5-1-2c: If R is the first to touch a scrimmage-kick while it is beyond the line, such touching ends a series of downs unless there was

a foul during the loose ball and the penalty was accepted. As far as ending the series is concerned, such touching has the same effect as a change of team possession. The touching differs from a change of team possession in two ways. First the touching does not end the kick and, second, it does not cause K to become the defensive team. If the kicked ball should rebound behind the line after the touching, it could be followed by a legal forward pass or by a second punt. Even if these rare situations should arise, the next down will be the 1st.

Play (1)—On 2nd down, a punt by K1 is beyond the line when it is muffed by R1 so it rebounds behind the line where K2 recovers. K2 then: (a) throws a legal forward pass which is incomplete; or (b) throws a low forward pass which is caught by ineligible K3, who is in the neutral zone or behind it; or (c) advances the ball by second punt which is high and is recovered behind the line by K3. **Ruling**—The next down is 1st and 10 for K in all cases. The touching of the kick by R beyond the line ends the series.

Play (2)—A 3rd down scrimmage-kick is muffed by R2 beyond the expanded neutral zone. While the ball is loose following touching by R2: (a) K2 holds and R2 recovers; or (b) R3 clips and K3 recovers. **Ruling**: If the penalty for the holding by K2 were accepted in (a) the down will be replayed following a 15-yard penalty from the previous spot. If R declines the penalty for the foul, it may retain possession and put the ball in play 1st in 10 from the spot of recovery. In (b) K may accept the penalty for the foul by R3 which will be measured from the previous spot. The down will be 3rd unless penalty takes the ball beyond the line-to-gain. If K refuses the penalty, it will be K's ball 1st and 10 from the spot of recovery.

RULE 6: 6-1-1: In most cases, procedures after a free-kick is in play are the same as they are during a scrimmage-kick. Penalties for fouls which may occur during a free-kick are the same as for fouls which occur during a scrimmage-kick. They are merely fouls during a loose ball and the basic spot of enforcement is the spot where the ball was put in play. Free-kicks differ from scrimmage-kicks in the following ways:

1. If the kickers recover their own free-kick after it has crossed R's free-kick line, they may retain possession even though there was no touching by R.
2. A free-kick out-of-bounds is not always put in play at the inbounds spot.
3. After a free-kick strikes the ground beyond R's free-kick line, the players of either team may push or pull opponents in an actual attempt to get at the ball.

A field-goal cannot be scored by a kick-off while it may be scored by a free-kick after a safety or after a fair catch. In all other ways the three types of free-kicks are governed by the same rules. Here are a few illustrations:

1. For any free-kick, the ball may be moved anywhere along the proper yardline between the inbounds lines.
2. No free-kick may be made from a side zone.
3. If any free-kick goes out-of-bounds between the goal lines, the receivers may take the ball at the inbounds spot, or on the inbounds line 10 yards behind their free-kick line if that spot is nearer K's goal line unless the receivers were the last to touch the kick before it went out-of-bounds, in which case the snap will be from the inbounds spot.
4. If any untouched free-kick which fails to cross the receiver's free-kick line, remains inbounds and is declared dead there, it will be put in play by R on the yardline through that spot.
5. It is first touching if a member of the kicking team recovers a free-kick before the kick is touched by a receiver, unless it has gone ten (10) yards, and all first touching rules apply.
6. After a free-kick has crossed the receiver's free-kick line, it may be recovered by K who may retain possession.
7. If any free-kick is recovered by K after it crossed R's free-kick line, the ball becomes dead with recovery.

6-1-3: Prior to any free kick, it is encroachment for any player of either team, other than the kicker and the holder for a place-kick, to be beyond his free-kick line after the ball is declared ready-for-play and until it is kicked. Once the referee sounds his whistle to indicate the ball is ready to be kicked, it is a dead ball foul for a member of either team other than the kicker or place-kick holder to be in the neutral zone prior to the kick. Officials must sound their whistles immediately to prevent the ball from becoming alive.

The receiving team is required to have 5 players within 5 yards of its free-kick line after the ball is declared ready-for-play and before it is kicked. Failure to have at least 5 players in this 5 yard zone during this interval is illegal position and a dead ball foul. It is possible there may be either encroachment or illegal position so near the time the ball is kicked it is not possible to sound the whistle prior to the ball being kicked. Even though the whistle may lag a free-kick somewhat, play must be stopped because the down did not legally begin.

6-1-8: When a free-kick goes out-of-bounds between the goal lines it belongs to the receivers and the ball shall be put in play by a snap at the inbounds spot or on the inbounds line 10 yards behind the receiver's free-kick line if that spot is closer to the kickers' goal line. If a receiver were the last player to touch the ball before it goes out-of-bounds, the snap would always be made from the inbounds spot. It is not profitable for the receivers to muff a free-kick out-of-bounds.

Play (1)—K's kick-off is near the intersection of the out-of-bounds and goal line. R1 muffs the ball toward the sideline and the ball comes to rest inbounds and then R2, who is standing on

the out-of-bounds line, touches the ball. **Ruling**—The kick-off is out-of-bounds. R puts the ball in play by a snap at the inbounds spot.

Play (2)—A free-kick from K's 40 goes out-of-bounds on R's 15; (a) before; or (b) after being touched by K. **Ruling**—The ball is put in play at the inbounds line on R's 40 in both (a) and (b).

Play (3)—A free-kick from K's 40 goes out-of-bounds on K's 45; (a) before; or (b) after being touched by either K or R. **Ruling**—R will put the ball in play by a snap at the inbounds spot (K's 45) in (a). In (b), it will also be put in play by R on K's 45 if it has been touched by R. If first touched by K, the ball will be put in play at the spot of first touching or the inbounds spot depending upon which is most advantageous.

Play (4)—A free-kick from K's 40 is touched by R1 on R's 35, then by K1 on R's 30 and the kick then goes out-of-bounds on R's 25. **Ruling**—R's ball on its 40 yardline, 1st and 10. R was not the last to touch the kick before it went out-of-bounds.

Play (5)—A free-kick from K's 20 is touched by K1 on his 35 after it has touched the ground and then by R1 on the 50, after which it goes out-of-bounds on R's 30. **Ruling**—R's ball on its 30 yardline, 1st and 10.

Play (6)—K1 free kicks from his 40 yardline. K1 touches the ball on K's 48 and: (a) R1 recovers and advances and fumbles when tackled and K2 recovers; or (b) R2 muffs the ball and K3 recovers. **Ruling**—In both (a) and (b), R may take the ball at the spot of first touching.

6-2-4: When any member of the kicking team touches a scrimmage-kick between the goal lines and beyond the neutral zone before it is touched beyond this zone by a receiver and before the ball has come to rest, it is called first touching of a kick and the place is called the spot of first touching. When any kicker first touches a scrimmage-kick in this manner, the receivers may take the ball at any spot where first touching occurred or they may choose to have the ball put in play as determined by the action which follows the first touching.

R's right to take the ball at the spot of first touching is cancelled when there is a foul during the down and the penalty for the foul is accepted. This right of R also is cancelled if R touches a kick and, thereafter, commits a foul regardless of whether the penalty is accepted or declined. It simply is not possible to enforce the penalty for the foul and, at the same time, give the ball to R at the spot of first touching. If the penalty for a foul committed during a down is declined, the receivers may then have the ball at the spot of first touching, or they may choose to have the ball put in play as determined by the ensuing action, unless the foul is by R and follows R's touching of the kick.

Because first touching of a scrimmage-kick by K has some of the

characteristics of an illegal act, even though it is not a foul, there are some infrequent but quite complicated situations which can arise because of the activity which follows the first touching. For example, first touching by K is followed by a foul by K or R while the kick is rolling or rebounding and before it has been touched by R. In this case, if the foul were by R, and K should decline the penalty, R could then take the ball at spot where first touching occurred. If K accepts the penalty, it is measured from the previous spot and the number of the down remains the same unless the penalty takes the ball to or beyond the line-to-gain.

In a little different situation, the first touching by K and the foul by R might be followed by R touching the kick. The kick might then rebound behind K's line, where K recovers it and advances for a touch-down. The captain of K would undoubtedly accept the penalty and measurement is from the previous spot since the foul is during a loose ball. If declined, K would lose the ball, since R would have the right to take it at the spot of first touching.

Play: K1 kicks from scrimmage, K2 is the first to touch the kick beyond the neutral zone when he: (a) catches it in flight; or (b) touches it after it has touched the ground but is rolling along the ground; or (c) touches it after it has come to rest. **Ruling:** In (a), it is both first touching and fair catch interference. If the penalty is accepted, it is K's ball after a 15-yard penalty from the previous spot. If declined, R may put the ball in play by a snap or free-kick at the spot where it was caught by K2. (b) First touching. R may put the ball in play by a snap at the spot where K2 touched it. (c) Not first touching. The ball is dead when touched and goes to R.

6-4-1: Any receiver may signal for a fair catch while any kick is in flight and is beyond the kicker's line. Following a valid fair catch signal no receiver may advance the ball unless it has touched or has been touched beyond the line by K. When any receiver makes a fair catch signal during either a free or scrimmage-kick, he is requesting protection in exchange for forfeiting the right of his team to advance.

The receiver is not required to catch the kick but the one who signals for a fair catch is prohibited from blocking until the kick has ended. This prohibits the receiver from signaling for a fair catch near his goal line, purposely make no attempt to catch the kick and then block an opponent to prevent the opponent from downing the ball before it becomes a touchback.

After giving a valid fair catch signal, the receiver and his teammates must live with the commitment not to advance unless the kick touches or is touched by K. Therefore, the use of a fair catch signal with the hope of gaining an advantage by causing the kickers to slow their advance and to permit the kick to strike the ground is now removed. When the fair catch is used properly it involves a safety factor which may warrant encouragement.

There are certain fundamentals which simplify the administration of a fair catch. Any receiver may signal for and make a fair catch of a free or scrimmage-kick anywhere beyond K's line and between the goal lines. If R1 signals and catches the kick, it is a fair catch and the ball becomes dead immediately unless, before the catch, K1 touched the kick. It is a foul for any K player to contact the receiver who signals for and catches the kick in this manner. Only the receiver who makes a valid fair catch signal and catches the kick is afforded protection from contact. If R1 signals and the catch is made by R2 beyond the line and before any touching by K, it is not a fair catch but the ball becomes dead when caught. In this situation, contact with R2 by a K player is not always illegal. Following a fair catch, R may put the ball in play by a free-kick or snap. The same is true if K interferes and a fair catch is awarded.

RULE 7: 7-1-1: Offside is a term no longer used in high school football. With changes adopted in 1976 and 1977, the possibility of players being offside has been eliminated. This was accomplished by adopting the first offender principal for encroachment. It is encroachment for any player to break the vertical plane of his scrimmage line after the snapper has made his final adjustment of the ball. This does not include the snapper who has the right to be over the ball. Encroachment is a dead ball foul. The ball cannot become alive even though the snap may be made nearly simultaneous with the player breaking the plane of his line of scrimmage. The purpose of adopting these changes was to ensure the neutral zone is kept clear prior to the snap. By doing this neither team may gain an unwarranted advantage.

7-5-1: For several years officials have used the "forward motion of the arm" as a rule of thumb in determining whether a loose ball, resulting from contact during a passing situation, was an incomplete forward pass or whether there was a fumble. Using the motion of the arm serves to remove the official's responsibility for making a decision which may be unpopular. When a potential passer loses control of the ball, the referee must judge whether it was a fumble or an incomplete pass depending upon each individual situation. For instance, if A1 were tackled just as his arm starts forward to release the ball and, in the referee's judgment, A1 was in the act of passing, it was an incomplete forward pass. In a similar situation if A1 starts around end holding the ball high and pumping his arm as if to pass and just as he brings the ball forward to tuck it under his arm to run he is tackled and the ball squirts loose, it is a fumble and the ball remains alive. The referee must make the decision and not permit theatrics to influence his judgment.

7-5-2b: A pass which is purposely incompleated is an illegal pass and a foul. The penalty is 5 yards and the loss of down. The act is commonly known as intentional grounding and occurs when a pass is purposely thrown to the ground or out-of-bounds.

Officials must clearly understand the reasons for restrictions during this particular type of illegal forward pass. Intentional grounding is

a purposeful act during which the passer deliberately throws a pass so it becomes incomplete for one or more reasons such as: (a) to prevent a loss of yardage when hopelessly trapped by the defense some distance behind his line-of-scrimmage; or (b) to avoid the risk of an interception; or (c) to conserve time. When the defensive team forces a passer into a position from which he cannot safely deliver the ball to an eligible teammate and he is unable to escape the defensive confinement, the defensive team has accomplished its objective. If the passer were permitted to purposely incomplete a forward pass without penalty and thus avoid loss of yardage, the official, by his incompetence or negligence, has taken away an advantage which was fairly earned.

It is acknowledged the average gain per passing attempt is greater than for a running play. If it were not for the fact that the passing game has some apparent risks not in the running game, a larger percentage of scrimmage plays would be passes. These risks include the possible loss of possession through an interception and the loss of yardage while attempting to pass.

The principal purpose of the limitations and restrictions in the forward pass rule is to maintain a balance between offense and defense. If a violation were not penalized, the balance of play is destroyed. The offender gains an unfair and unearned advantage.

Too many officials have failed to fulfill their responsibilities in properly recognizing the purposely incompleting pass. It is time to re-appraise this situation and recognize the effort of the defensive team which forces the passer into a position where the risk of interception is greater or the loss of yardage is imminent. When the passer is permitted to eliminate this risk by fouling (purposely incompleting the pass) he must be penalized. To permit the passer to deliberately cause the pass to become incomplete is a severe injustice to the defensive team.

"I cannot read intent," is a cliché sometimes referred to as the weak official's crutch. An official who takes this position admits incompetence because he cannot recognize an intentional foul. Stated more directly, the official is acknowledging he cannot recognize some of the fouls described in the code. The competent official recognizes these fouls and will administer the game according to the rules.

When a passer appears to be hopelessly trapped, it is important that officials anticipate the possibility of a violation. Guidelines which may assist the officials in determining when a pass is purposefully incomplete include: (a) is the passer making a bona fide attempt to complete a pass to an eligible teammate; or (b) does the passer deliberately throw the ball to the ground or out-of-bounds or in a manner so that no one has an opportunity to catch it?

Good officials recognize that some passes are incomplete or do not arrive in the immediate vicinity of the receiver because of a lack of skill on the part of the passer, a broken pattern on the part of the in-

tended receiver, or because the passer's accuracy was affected by the actions of the defense. These men can also recognize an intentional and purposeful act and they can consistently and judiciously administer the rules so that the team whose passer purposefully incompletes a pass is penalized as the rule specifies.

7-5-6: Frequently the most controversial decision an official makes during a football game is that of pass interference. Because it is the result of the official's judgment and is a decision based upon a view not available to everyone, some biased observers often disagree with the call. When one has an interest in the outcome of the game, this includes coaches, players and fans, it is difficult to be completely objective. Annually, officials receive more criticism as a result of administering the pass interference rule than any other. This is due to three facts: pass interference requires a great deal of judgment; in most cases the foul occurs in the open; and, generally, it has a great effect on the play. Part of the criticism is due to the fact that those involved do not fully understand the restrictions placed on players of each team during forward passes. The rule is stated simply enough: **"No player of A or B shall interfere beyond the scrimmage line during a legal forward pass play."** This restriction applies only if the forward pass crosses the line-of-scrimmage. There can be no pass interference if the pass does not cross the line-of-scrimmage. Contact behind the line, even though the pass does cross the line-of-scrimmage, is not pass interference.

During a down in which a forward pass is thrown, certain acts by each team are permitted while others are prohibited. These will vary between the snap and the time the pass is in flight. Because the team with the ball knows the snap signal and the type of play, restrictions on the offense begin with the snap and continue until the pass is touched. During this interval, any acts by the offensive team members beyond the line-of-scrimmage which interfere with the defender's opportunity to move toward, bat or catch a pass, constitute interference. Ineligibles must remain on the line-of-scrimmage, that is, in the expanded neutral zone, until the pass is in flight. While the pass is in flight, contact restrictions apply to them also. It is interference if an offensive player blocks a defender beyond the line and the pass thereafter crosses the line. All defensive men are eligible receivers and, therefore, except on the line-of-scrimmage, must be given the opportunity to move toward the pass without interference.

For the defensive team, restrictions against interference begin when the pass is in flight and end when it is touched. This permits the defensive team to block potential pass receivers before the ball is in the air, thereby reducing the advantage the offense may gain through a passing play. A defender may legally contact an eligible receiver beyond the neutral zone before the pass is in flight with a legal block or by warding off, pushing or pulling an offensive player who is attempting to block him. However, after an eligible receiver has changed direction and is moving away from, or is going by the defensive man,

it is illegal use of hands for defender to push him between the time of the snap until the ball is passed, or it is defensive pass interference for a defender to push the receiver while the ball is in flight.

When a forward pass crosses the line during a down it is a foul for any offensive player to contact an opponent beyond the line-of-scrimmage until after the pass is touched. This includes blocking an opponent who is not on the line-of-scrimmage at the time of the snap. Prior to the pass being touched by a defender, it is also illegal for an offensive man to contact an opponent with his hands beyond the neutral zone. This includes warding off a legal block by a defender or pushing off a defender while making a cut.

There are very limited situations in which interference does not require contact. The first involves face-guarding during the pass. In this act, the defender directs his attention to the player rather than to the ball. Defensive players have as much right to the path of the ball as do eligible receivers. It may be interference when two players are running side-by-side in parallel paths and one changes direction contacting his opponent. Similarly, if opponents are running identical paths, it is interference for the player in front to slow down in order to prevent his opponent from reaching the ball. This is an example of not playing the ball.

Not all contact during a passing situation constitutes pass interference. When opponents beyond the line collide in a legal effort to reach the ball, it is interference only when there is intent to impede. Incidental contact or contact occurring when opponents in equally advantageous positions are making a bona fide effort to catch the pass does not constitute interference. Each player has territorial rights and he is entitled to his spot on the field. Playing through an opponent who has established his position results in interference. Some contact with an opponent is permitted if there is no intent to impede while moving toward the pass.

Any intentional act by either team which constitutes pass interference shall be penalized with an additional 15 yards. For an ineligible who is legally beyond the neutral zone to bat a pass in order to prevent the defense from intercepting is an example of intentional offensive interference, and requires a penalty of an additional 15 yards. Intentional interference most often occurs when a player finds he has been outplayed and he then uses the foul to compensate for his error. For example, a defensive man who is faked out of position, may grasp his opponent in order to prevent the receiver from moving to complete the pass. This is an intentional act which must be penalized. In the event an intentional act is also flagrant, the offender will be disqualified.

Pass Interference Penalty: Frequently the rules committee receives recommendations the penalty for defensive pass interference should be an awarded completion at the spot of the foul and an automatic 1st down. If the foul occurs in the end zone it is suggested the penalty be

a completion at the one yardline with 1st and goal. The rules committee, in fact, has been criticized by those who claim to be knowledgeable in football for not adopting this system. There are a number of reasons for not adopting this recommendation. The primary reason is the present enforcement procedure is readily understood and is free of exceptions to the penalty code. Defensive pass interference is penalized exactly the same as any other loose ball foul. It is the same as for offensive pass interference. Administered according to the enforcement code, it is not complicated with exceptions and therefore there is very little possibility for error.

Often those making the suggestion for change in the penalty for defensive pass interference have not considered all ramifications of such a proposal. Adopting the change as suggested would assume every attempted forward pass would be complete. Statistics confirm, less than one-half of the total number of forward passes are completed. If these suggestions were followed, why would it not be equitable for the defensive team be awarded the ball when there is offensive pass interference. All defensive players are eligible during forward pass which crosses the line.

The penalty of 15 yards and an automatic 1st down for defensive pass interference, or 15 yards and loss of down for offensive pass interference is severe. Using statistics provided by the National Collegiate Athletic Association, there were 6.49 yards gained per passing attempt and 13.7 yards gained for pass completion in 1976. The 15-yard penalty, therefore, is more severe than awarding the ball at the spot of the foul. All would agree college players are more proficient than those at the high school level and yet only 47.5% of the passes were completed at the intercollegiate level. It is assumed this would be smaller in high schools.

RULE 8: 8-5-1: When the ball becomes dead on or behind a goal line, it is a touchdown, safety, touchback, end of a try-for-point or a field-goal, unless a forward pass incompletes or a foul is involved. The important factor in determining whether it is a safety or touchback is the force which caused the ball to go from the field of play across the goal line. Force is defined as the result of energy exerted by a player which provides initial movement to the ball, causing it to go from the field of play into or through the goal line plane. The term "force" is used only in connection with the goal line and in only one direction, that is from the field of play into the end-zone. If a player is in an end zone when he causes the ball to go out-of-bounds from there, the act has no bearing on whether it is a safety or touchback. The important factor is which team caused the ball to cross the goal line. The dictionary definition of force applies if modified as follows:

1. While a loose ball is in flight, no touching, batting or muffing is considered a new force. Instead, the kick, pass or fumble is still considered the force if the ball goes from the field of play across a goal line.

2. If a loose ball is on the ground when a player pushes or blocks an opponent into it and if this pushing or blocking is the primary cause of the ball going across the goal line, such push or block is considered the force.

Play (1)—K1 kicks from his own end zone. The kick is high and comes down near K's 10 yardline where R attempts to catch the kick but: (a) muffs it; or (b) he deliberately bats it. In either case, the ball goes across goal line from the force of the muff or bat. **Ruling**—If the dictionary definition of "force" were taken, the force would be by R. The force in (a) is still considered to be the kick. Of course, in (b) the batting of a kick is a foul and the offended team has the privilege of taking the penalty.

This setting aside of the dictionary definition of "force" applies only when the loose ball is muffed in flight. If the loose ball touches the ground before it is muffed or batted, the official must decide whether the loose ball might have gone over the goal line even if it had not been muffed or batted.

Play (2)—K1 kicks from his end zone. The kick is high and comes down near the 10 where R1 attempts to catch it but muffs. The muffed ball touches ground and is nearly at rest on the 10 when R2 attempts to scoop it up but muffs it over the goal line where K2 falls on it. **Ruling**—The official would ordinarily rule this a touchback on the grounds that the ball, after being muffed by R1 could not have gone across the goal line without having been forced across by R2. Hence, the force is by R and results in a touchback.

8-5-4: When a touchback or safety occurs, the ball is put in play on the 20 yardline of the team whose goal line is involved. The team which puts the ball in play after a touchback must do so with a snap. However, after a safety it must do so with a free-kick. This free-kick may be a drop-kick, place-kick or a punt. This is the only time that a punt may be used as a free-kick and it cannot score a field-goal. Following a touchback, the offense may snap the ball anywhere on the proper yardline between the inbounds lines. Following a safety, the offense must free kick from its 20 yardline any place between the inbounds lines. If a punt is used, the ball must be kicked from within 1 step behind the plane of the free-kick line.

RULE 9: 9-3-4: Whether a defensive player is roughing the kicker is a decision dreaded by many officials because it is believed a great deal of judgment is involved. No defensive player shall block, tackle or charge into the kicker of a scrimmage-kick or a place-kick holder other than when: (a) contact is unavoidable because it is not reasonably certain the kick will be made; or (b) the defense blocks or partially blocks a kick near the kicker and contact is unavoidable; or (c) contact is slight and is partially caused by movement of the kicker. In spite of this clear, concise statement of the rule, there are some aspects which deserve additional explanation.

A kicker does not become a kicker until his foot meets the ball in a punt or drop-kick. Up until that instant, he is a runner and, since he may fake a kick and try to advance, he may be tackled. Once he becomes a kicker, he remains a kicker until he has completely regained his balance. Therefore, the period involved in roughing the kicker begins with the kicker's contact with the ball and continues until he regains his balance. The kicker is protected by rule and the burden of proof in case of contact is on the defender.

Any contact with the kicker will be roughing except in three certain situations explained in the following paragraphs:

(a) When contact is unavoidable because there is some doubt a kick was to be made. For instance, when a quick-kick is made near the neutral zone or when a player who receives the snap and then muffs, fumbles or runs several steps and attempts to kick, or fakes a run or pass and then kicks, contact may not be a foul. Even in these situations, it is a foul if the contact could have been avoided with reasonable effort.

(b) When any defensive player blocks or partially blocks the kick near the kicker and ensuing contact is unavoidable. If a defensive player partially blocks a kick near the kicker and thereafter he or a teammate contacts the kicker, it is not a foul provided the defensive player had already started his motion and could not change direction or stop. Three things must be kept in mind: (1) the defensive player is exempt only if the ball is touched near the kicker; (2) he is not exempt if he starts a new motion or changes the direction of his motion towards the kicker; and (3) he is not exempt if he touches the kick and then intentionally charges into or roughs the kicker.

(c) When contact with the kicker is slight and is partially caused by motion of the kicker. The two portions of this requirement are closely related. Slight contact with the kicker is ignored, only if the contact is at least partially caused by the kicker's motion. Vigorous contact with the kicker may not be overlooked even though the movement of the kicker may be a partial cause. The defensive player who runs straight into the path of a kicker must realize the kicker, in his kicking motion, will also be advancing toward him. If the contact with the kicker is unnecessary and could have been avoided by reasonable care, it is a foul.

Defensive players converging on the kicker or place-kick holder must make an effort to avoid contact. Any defensive player must stop if he can, or change direction if he can, in order not to run into a kicker or holder. No defender may contact a kicker or holder at any time, even though he touches the ball, when he can stop or change direction and avoid him. The purpose of the rule should be self-evident. The kicker is off balance, largely defenseless and vulnerable while in the act of kicking. Common sense demands he be given special protection.

9-3-1d: In football, a fair catch entitles the receivers to certain privileges in exchange for giving up the right to advance, and the fair catch places restrictions upon the members of the kicking team. In

order for all players to be aware of a fair catch request, so they can limit their actions accordingly, the player making a fair catch request is required to give a special signal. The only way the signal may be valid, is for the player to extend and laterally wave, one hand at full arm's length above his head. Any other signal is invalid and the player making an improper fair catch signal commits a personal foul.

The acts which may be considered as improper fair catch signals are many and varied. The most obvious include extending both hands at arm's length above the head. This will result in the receiver being penalized 15 yards. One of the more questionable actions is for the receiver to act as if he were shading his eyes and then claiming such was a signal. It is not illegal for a player to shade his eyes but, if he does so, it must be with a bent arm so it cannot be misinterpreted. Other types of illegal signals include extending one hand above the head and at the same time partially raising the other hand above the head, or raising both hands at approximately head level.

When, following an invalid fair catch signal, the player is contacted by a member of the kicking team, there is no foul unless the contact is considered to be unnecessary roughness. After an invalid fair catch signal, there can be no fair catch, the ball remains alive and may be advanced. If an invalid fair catch signal is given, it is a foul and the kickers will be given the option of accepting the penalty or the result of the play. The penalty for an invalid fair catch signal will always be assessed from the previous spot because it is a foul during a loose ball.

9-3-1g: Failure to properly wear required player equipment is a form of unsportsmanlike conduct. Player equipment is designated to protect players, but there have been instances in which it has not been worn for one reason or another. The most frequent violations have been with regard to the tooth and mouth protector. Players have on occasion carried the tooth and mouth protector in their helmet or some other part of their uniform, thus believing they were in compliance with the rule. This is not the case.

If any player is not properly wearing required player equipment when a free-kick or snap is about to occur, it is delay of game. This is a dead ball foul and may occur only when the free-kick or snap is imminent. It authorizes officials to penalize players who are not wearing required player equipment during the dead ball period momentarily before the ball will become alive. There is no change in the penalty for failure to be properly equipped while the ball is alive. This continues to be a personal foul which is penalized by 15 yards in accordance with the all but one principle.

9-4: The rules do not attempt to list all possible forms of unsportsmanlike conduct for which a player might be penalized. Instead, unsportsmanlike conduct is prohibited, provision is made for penalizing the team, whose player commits such an infraction, a distance of 15 yards. If the foul is flagrant, disqualification plus the distance penalty is mandatory. It is recognized certain contact fouls may

also be unsportsmanlike. For example, deliberate pass interference. In this and similar cases, the referee is authorized to assess an additional 15-yard penalty as well as the penalty for the original foul.

The unsportsmanlike fouls listed in Rule 9-4 are all of the type which do not involve contact between opponents. Officials should always be alert to recognize and penalize unsportsmanlike acts in addition to those listed. Contesting an official's decision, or attempting to use a teammate as a means of gaining added height in order to block field-goal attempts, is unsportsmanlike conduct. Whenever a defensive man places himself on a teammate for the purpose of gaining an advantage, he would not otherwise have, his team must be penalized. It should be noted 9-4 provides for "any act the official deems poor sportsmanship." It is not intended every possible unsportsmanlike act be listed. The rules specify "Examples are:", clearly implying there are others which are not listed.

9-7-1b: There has been a gradual, yet steady trend to relax restrictions concerning coaches conferring with their players during football games. Many contend this has been beneficial to the game. Whether it has, is a matter of opinion. One of the values claimed to result from athletic participation is the development of the ability to make decisions. The steady relaxation of rules permitting increased communication between coaches and players has practically removed all opportunity for this to be accomplished. Under present rules, virtually every offensive play is being sent in by rotating offensive players. Defensive formations are being called by coaches who use an elaborate system of semaphore signals. Decision-making rests entirely with the coaching staff which receives information from strategically placed observers. One of the most important values of athletic participation has been eliminated by this system.

It is a small minority of coaches who wish to remove all restrictions relative to coach-player communication and permit conferences between coaches and the entire team during charged time-outs and during the intermissions between periods. These same individuals wish to have the opportunity to confer with the players between downs provided play is started within 25 seconds of the ball being declared ready-for-play. This minority contends the rules relative to coaching from the sideline permits this. Such is not the case. It was never the intent of the Rules Committee to extend the privilege of conferences to between downs situations.

Rule 9-7-1b provides, "One or more coaches and one player from each team may confer directly in front of the team box within 5 yards of the sideline during any charged time-out or during the intermission between periods." This specifically limits the conference to the coaching staff and one player during two designated periods, charged time-outs and intermissions between periods. From this, it is clear conferences between coaching staff and more than one player from each team or the entire squad would be a violation. Conferences between the coaching staff and one player from each team during officials' time-outs, whether it be for repair or player equipment or measurement, are

also prohibited. It was the intent of the Rules Committee to limit conferences in this manner.

It is permissible for team box personnel, including the coach, substitute, trainer or other team attendant to give directions to players on the field during the course of the game, both while the ball is alive and between downs, even though there is no charged time-out or intermission. Such directions, however, are "coaching" rather than a "conference." There is a distinction. It is interpreted that an illegal conference is being held if a player stops or tarries in front of, or in the vicinity of, his team box for the purpose of receiving directions or exchanging information with the coach or other team personnel. Players may not congregate in front of the team box for these purposes. The privilege of holding conferences is not extended to any live ball situation nor to between down situations when there is no charged time-out or intermission between periods. To permit this, contributes to slowing up the game. Officials have an obligation to consistently and promptly penalize for such delay of game or illegal conference infractions.

All coaching from the sidelines must be done in a sportsmanlike manner. It is always considered to be unsportsmanlike conduct if anyone officially associated with the team; that is, present in the team box, attempts to influence an official's decision. It is mandatory a 15-yard penalty be assessed for such infraction. When team statisticians, who are extended the privilege of moving along the sidelines, criticize the officiating or make any derogatory remarks toward the other team, it is also unsportsmanlike conduct. These are not matters of judgment and when there is such an infraction, the violator places the penalty upon himself. Team personnel have the responsibility of making certain they conduct themselves in an impeccable manner.

Philosophy of Administering Penalties

RULE 10: An orderly plan of enforcement adapted to the present day game permits all facts about administering penalties to be condensed into Rule 10. It is not necessary to scatter references to spots of enforcement throughout the code. The simply stated penalties are not complicated by exceptions or special enforcement provisions. Other than for a foul by B during a successful try-for-point, the penalty for any live ball foul is administered by the All but One principle. Any dead ball foul penalty is from the succeeding spot. The mastery of a minimum of fundamentals permits enforcement without difficulty. The enforcement philosophy is based on the following statements.

1. A team is given the advantage of distance which is gained without assistance from a foul. The All but One principle of enforcement assumes, the only foul which gives this aid is a foul by the offense behind the basic spot.
2. In a majority of cases, the offended team gains no advantage through declining a penalty.
3. Enforcement provisions apply to all fouls, either by players or

by non-players.

4. There are only two types of penalty. They are either major (causing a loss of 15 yards) or minor (causing a loss of 5 yards). Penalties for forward pass fouls by A include a loss of down, and by B cause an automatic 1st down.
5. The enforcement machinery permits fundamental statements which apply to all situations. Here are illustrations: No foul causes ball to become dead. No foul causes loss of ball. The penalty for any foul may be declined. Fouls in the end zone are administered the same as fouls in the field of play. No foul directly causes a safety or a touchback.

Before the adoption of the "3 and 1," and later the All but One, penalty enforcement system, it was necessary to list, after each foul, details such as the loss of distance, whether it involved loss of ball, to whom the ball belonged, the spot of enforcement, whether the penalty could be declined and which of a number of special penalties might cancel the regular penalty. Under such circumstances, there were 22 different kinds of penalties listed and 11 special penalties which might set aside any one of the 22 regular penalties. This involved memory process was eliminated with the adoption of a system which applies to all situations.

10-5-3: There is a special provision for enforcing penalties for fouls by the defensive team after the snap or free-kick and during a down which results in a successful field-goal or touchdown. The coverage is identical to that which applies to penalizing fouls by the defensive team which occur during a successful try for point. If the defensive team fouls during the down which results in a successful field-goal or touchdown, the penalty may be administered on the succeeding kick-off or, if there were an overtime, from the succeeding spot. If the defense fouls during a successful field-goal, team A may wish to accept the penalty and replay the down following measurement. This is permissible. The reason for this special enforcement is to eliminate the possibility of players purposely fouling during a down resulting in a successful field-goal or touchdown believing there would be no penalty. This rule makes it very costly for the defensive team to purposely foul in this situation. If the defensive team were to foul during the last timed down of the fourth quarter and there is a score causing the game to end in a tie, the penalty for the defensive team foul will be administered from the succeeding spot, that is, the spot from which the ball will be put in play for the beginning of the overtime period. If this were to occur, the referee must be very careful in his explanation to captains preceeding the coin toss at the beginning of the overtime period. Proper choice by the offended team when using the 10 yardline procedure would make this a 15-yard or a 5-yard penalty.

Preventative Officiating

Remembering at all times that every foul committed must be indicated, preventative officiating is the permissible action of officials which

will prevent some fouls from occurring. The good official, by his actions and words, can frequently prevent certain fouls from happening. As a traffic officer at a busy intersection keeps the traffic moving without actual arrests, so does a competent official keep the game moving, using every legitimate power at his command to prevent fouls from occurring.

While there is general agreement preventative officiating is desirable, there is a difference of opinion as to "how far" it should go. Such matters as the referee discussing with the coaches before the game any unusual plays, particularly if the officials might be in the way, is always acceptable. The checking of equipment is required by rule and is, of itself, preventative officiating.

A foul may be frequently prevented by the official making certain not to start with more or fewer than eleven men on kick-offs and free-kicks. In this situation, it is suggested the official ask the captain to count his men, but the official not tell him the number on the field. Cautioning the receiving team to be inside its restraining line for free-kicks, and aiding players of both teams in lining up after a safety, are ordinarily accepted as desirable procedures for officials. These are preventative in nature.

In many areas, preventative officiating includes appropriate warnings by officials. For example, the umpire may warn, before a snap for a scrimmage-kick, about the use of hands. Officials can stop derogatory talk between players and thereby prevent a later foul. The captain should be notified that he can stop and prevent resulting future problems during the game if he directs his players to abstain from baiting and similar practices.

During time-outs, the captains' attention should be called to the number of time-outs they have remaining and officials should make certain that the coaches know when they have used their total time-outs. Officials should check each other regarding this matter during every time-out.

Sounding the whistle sharply contributes to a reduction of fouls, and calling to the players saying "That's all," "That's enough," or, "Don't hit him" after the ball is dead either inbounds or out-of-bounds will frequently deter a player from making late contact and thereby fouling. When a kick goes out-of-bounds, all officials can call to players to "Stand up, the ball is out-of-bounds."

More controversial is the suggestion the referee warn a player who is standing on the end line, preparing to kick. If the ball is snapped, this would be a foul. Also, the official must, of course, be particularly careful about cautioning a player or suggesting he move to a new position at a time when the ball may become alive and, as a result, catch the player moving when it is snapped.

Thus, some areas of preventative officiating are universally accepted. Regarding others, there are differences of opinion and perhaps controversy. It is suggested, the practice of preventative officiating be studied and be expanded in those areas which will serve the best interests of the game.

PART V

WATCHING THE GAME

Respect for officials and opponents: The educational and recreational values of interscholastics cannot be attained without proper sportsmanship and conduct at athletic contests. These will not occur automatically and careful planning, administration and enforcement are necessary if they are to be provided through interscholastics.

Interscholastics were not accepted as part of the school program until educators became convinced educational outcomes could be developed through them. Among the many educational objectives of school athletics is the development of respect. The game rules, themselves, contain provisions to insure proper respect. It has become evident some coaches are failing to teach their players to respect their opponents and officials. The lack of respect shown is a clear indication one of the important educational values which should occur from interscholastic competition is not being achieved. Of all of the criticisms of interscholastics today, the lack of proper sportsmanship resulting in poor behavior of players, coaches and fans, is the most serious. Disrespectfully addressing officials and showing resentment toward decisions and violations of the rules should not occur even though an official may make an error. Everyone, participants and spectators, must realize there is practically no game played in which coaches and players do not also make errors. No one would tolerate poor sportsmanship toward the coach or players because of this. Hence, being fair, all must show our respect toward officials.

The biggest problem the schools seem to have in improving sportsmanship and conduct at athletic events appears to be with the adult fans. Enthusiasm of adult spectators is desirable but unguided enthusiasm can be detrimental to the most worthwhile values of these contests. Fans who show disrespect to opposing players and to the officials are a liability rather than an asset to the school's athletic program. This fact makes it mandatory for the school to employ definite procedures to guide the support and the enthusiasm of the fans.

There is observable evidence many schools have positive programs to educate students to the proper courtesies toward opposing players and fans toward the officials. On the other hand, there is observable evidence that relatively too little is being done in some schools to properly educate adults to this same end and, in many instances opportunities to do so are overlooked. Few schools have prepared codes of good sportsmanship and made them available to the public. This may be one of the principle reason fans do not understand what is expected of them as spectators at interschool contests. The following are important items which should be included in such codes:

1. Courteous treatment of all opposing players and fans.
2. Refraining from acts of discourtesy, such as derogatory remarks addressed toward players, attempts to disconcert and cheering calls made by officials against the opposing team.
3. Graciously accepting the decisions of the officials against the school's team by refraining from booing and jeering.
4. Being humble in victory and gracious in accepting defeat.

The schools in general have not given sufficient attention to the procedures, techniques and opportunities to educate their fans about these highly important matters essential to a good interscholastic program. It is interesting to note the number of game programs which advertise products and services of the business concerns in the community but fail to advertise or publicize the educational objectives of the school's interscholastic athletic program. Publicity is given through the newspapers and radio about the games but little mention is made of the reasons a school offers an interscholastic program or the objectives to be achieved through it.

Schools need to assume the initiative in using different avenues available to them for emphasizing sportsmanship and the reasons for interscholastic athletics. This can be accomplished by including statements of purpose in pre-season write-ups about school teams and outstanding individuals by calling attention to how the team is a part of the school and pointing out accomplishments of individuals in the classroom or in other activities. Special presentations during "meet-the-players" nights are an effective way to inform parents and participants about the total program. There can be an emphasis on crowd behavior and bench conduct. Using students to discuss the program at civic club meetings also provides an excellent opportunity to present the positive aspects of athletics. Feature stories prepared for newspaper sections, other than the sports pages, reaches different community groups and may well increase interest and support for the entire interscholastic athletic program. These are but a few ways schools and athletic departments can gain support.

Cheering the team is part of the game but using profanity, abusing the opposing team, and more particularly, the officials, cannot be tolerated. Maybe, if some of the fans could see and hear how they appear and sound while supposedly enjoying a local game, they would be embarrassed enough to stop or stay home. The action of a few individuals ruins the fun for the fan who demonstrates his approval and joy when his team does something right, who suffers in silence when things go wrong and who does not blame the officials for each loss.

Game rules, standards and regulations have been adopted to keep competition in the proper perspective regarding the many school activities in which students engage. If the emphasis on winning reaches a stage where standards and regulations are ignored and there is a loss of sight of the educational and recreational values of competition, there is definitely an over emphasis on winning. When this situation

arises, the criticism should be directed to the over emphasis on winning rather than on competition as such.

Competitive activities in which the principles of fairness, integrity, respect and appreciation are applied can contribute much for desirable educational outcomes. Competition will continue under these conditions to be in proper perspective in interschool activities. It is of utmost importance that coaches and all activities directors understand thoroughly the difference between emphasis on competition and over emphasis on winning. Understanding this difference and helping students understand it will help to provide educational values regardless of whether a contest is won or lost. The following letter written to the editor of the Elgin, Illinois Daily Courier News illustrates the points discussed:

Dear Editor:

"I attended a high school football game the other evening. It might have been any one of several played on gridirons throughout the country—the after effects were undoubtedly the same.

Oh, it's a thrilling sight to see the teams come on the field, geared to the peak of enthusiasm, perfect specimens of youthful physical development going through their pre-game calisthenics.

It's great to see the local fans, parents and students "whooping it up" while the band, resplendent in their uniforms, goes through their formations and musical fanfare.

I must admit my enthusiasm was smothered somewhat when the color guard presented Old Glory. True, the teams perfectly disciplined, bared their heads and stood at attention, but of those hundreds of enthusiastic spectators, only a handful sang out the words of our National Anthem.

At first I thought maybe it was the chilly night air and the dampness had brought on hoarseness. But I soon realized some had not lost their voice at all, in fact they were very willing to shout out above the cheerleaders chant and the student response.

But these spectators were not shouting encouragement to a bunch of boys who had sacrificed many after school coke-dates, had trained religiously to achieve physical fitness, had nursed sore muscles and sprains in therapy at the expense of late cold suppers and still believed the smell of sweaty shirts and mildew was more character-building than the essence of cologne and hair spray.

No, they were shouting ridicule and criticism to a coaching staff that had devoted their education and their lifetime to the building of men.

True, many of these coaches, stars in their day, might have gone on to play professionally at high salaries but they chose instead a comparatively low salaried position of teaching and coaching.

Sure, these grandstand quarterbacks could think of a better play that should have been called after one failed to give the

necessary yardage. They complained because the team didn't pull off the offensive maneuvers they had apparently watched on the pro TV screen.

So I said to myself, "What did they come to see? What do they hope to accomplish?" They saw dozens of well-executed plays, lots of jarring tackles, hard blocking, deceptive running, sharp accurate passing and as a result heard the resounding roar of several touchdowns.

But that wasn't enough. No, our grandstand quarterbacks, many who never suited up when they attended school, came to find fault rather than shout encouragement.

This might have its place in the professional arenas where high salaried participants make their living, but not on a high school level where the entire staff is striving to eliminate drop outs, encourage scholastic achievement and combat delinquency with proper discipline and programming.

I wondered how long it would be before the students themselves would decide to carry picket signs declining to attend certain teachers' classes if this public nuisance continues.

I saw the shoulders of some of our athletes sag a little bit, when they heard a win-thirsty fan deride their coach whom they had learned to love and respect.

Maybe that's why only the bravest, most devoted, will continue to come out year after year, while their long-haired classmates turn to cars and girls or rove in gangs the long night through.

My hat is off to the coach that can continue to put the emphasis on sportsmanship, desire, and the building of men rather than the mere won-lost ratio at the end of the season.

And I'll be there again to cheer the boys on, because win or lose, it doesn't matter, it's how they played the game."

Ralph B. McKenzie

Purposes of interscholastic athletics: Interscholastic athletics supplement the schools' academic program. The purpose of these support activities is to contribute to the education of those who participate actively or as spectators. It is necessary for schools to maintain the highest possible educational standards. In order to be certain the same high standards prevail for interscholastic athletics as for the academic program in virtually all situations, coaches are required to be certified teachers and bona fide members of the faculty. The administration of the athletic program resides with the head of the school, in most instances, the principal.

Even though the principle purpose of interscholastic athletics is to contribute to the individual's education, participation in the presently constructed program enables the athlete to attain a remarkable degree of skill. But because the program is first of all concerned with education, the standards must be constructed so there is assurance of attaining this educational objective. Those whose primary interest is the excellence of sport itself rather than the educational welfare

of the individual frequently demand relief from school standards. Obviously, educational institutions cannot compromise their position in these matters.

Policy procedures and standards which are promulgated for the purposes of maintaining interscholastic athletics as an adjunct of the secondary school curriculum is appropriately the responsibility of educators. Participation in interscholastic athletics is a completely and totally voluntary action on the part of the student athlete. The student is not required to take part. It is, in fact, a privilege which he may choose to enjoy or to reject. He has no inherent right to participate. When the student commits himself to the program of interscholastic athletics, it is reasonable to expect him to abide by the standards which are established for the governing of the sport and constructed by those organizations which sponsor the activity.

The role of athletics in education all too often becomes confused because people who are not educators, and this frequently includes parents, compare interscholastic athletics or the athletics of the educational community with the professional variety, and for that matter, with the athletics sponsored by most non-educational organizations are different from those of educational groups. When this is not understood, the perspective which is necessary in order to accomplish the objectives to which schools are committed is lost. Schools are not meeting their responsibilities if they fail to reach the educational objectives obtainable through athletics.

Spectators should be encouraged to attend interscholastic contests in individual sports as well as those which involve team play. Attendance at interschool contests is wholesome for boys and girls and demonstrates an interest in the program of the institution and contributes much to the spirit of the student body. The types of conduct which are witnessed on television during professional football and basketball or hockey games are the very antipathy of educational competition which are sponsored at the high school level. Professional athletics are entertainment. They are show business. This is not intended to be at all critical of any aspects of the program of the professional game. It is stated merely a fact, with which any interested and knowledgeable person will agree.

There is no place for such conduct in an educational program. It is very difficult for young boys and girls to observe professional athletes and coaches conduct themselves in such fashion and not to imitate these people in some ways. It increases the responsibility of school administrators and coaches to establish patterns of proper sportsmanship. Spectators are also influenced by the televised professional athlete's conduct and it is often very difficult to impress upon them they are attending an educational event of the high school, and their conduct must be itself of the proper type. The educational community sponsors athletic programs for what they can contribute to education and when educational objectives are not obtained, the program is not accomplishing its purpose.

The following Fundamentals of Sportsmanship are offered by the Ohio High School Athletic Association:

1. **Show respect for the opponent at all times.** The opponent should be treated as a guest; greeted cordially on arriving; given the best accommodations; and accorded the tolerance, honesty and generosity which all human beings deserve. Good sportsmanship is the Golden Rule in action.
2. **Show respect for the officials.** The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. **Know, understand and appreciate the rules of the contest.** A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
4. **Maintain self control at all times.** A prerequisite of good sportsmanship requires one to understand his own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Good sportsmanship is concerned with the behavior of all involved in the game.
5. **Recognize and appreciate skill in performance regardless of affiliation.** Applause for an opponent's good performance is a demonstration of generosity and good will that should not be looked upon as treason. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most highly commendable gestures of good sportsmanship.

PART VI

RELATED PLAYING RULES

Intramural Flag Football

- Rules:** Official rules of play shall be the Interscholastic Official Football Rules with the particular exceptions listed below.
- Uniforms:** Rubber soled shoes should be worn. Metal cleats or spikes of any kind shall not be allowed, nor shall any hard surface padding such as shoulder pads, hip pads or helmets be used.
- Flags:** It is desirable to carry the flags in belts manufactured for the purpose. Flag football belts supply a definite and equal resistance where flags are attached, thereby requiring the same amount of "pull" in order to "de-flag" a player. Red or yellow flags are recommended.
- Downed Ball:** In order to down a ball carrier, either flag must be withdrawn from the waist by a "tackler." The "tackler" must stop at the point of the tackle and extend his arm with the withdrawn flag upward. The ball carrier is declared downed at this point. It is illegal for the ball carrier to deliberately touch his own flags or to defend them in any manner.
- Penalty:** 15 yards from the point of the foul and the loss of a down.
- Dead Ball:** The ball is ruled dead when a fumble strikes the ground; or when a misdirected snap strikes the ground. The ball belongs to the team that last had possession of it if it is fumbled out-of-bounds.
- Loss of Flag:** If a player's flag is inadvertently lost, the player shall be ineligible to handle the ball. If a player without a flag handles the ball, it becomes dead immediately. It shall be illegal for a player to deliberately withdraw an opponent's flag unless that player is in possession of the ball. The official shall consider this action as unsportsmanlike conduct.
- Charging and Tackling:** The ball carrier may not run through a defensive player, but he must attempt to evade the "tackler." The "tackler" must not hold, push, nor run through the ball carrier but must "play the flag rather than the man."
- Penalty:** 15 yards and the loss of a down; offensively, 15 yards defensively.
- Tackling:** Tackling is not permitted. The ball is declared dead when the defensive player pulls one of the runner's flags. Any action against the runner, other than merely pulling his flag, is unnecessary roughness.
- Penalty:** 15 yards from the point of the foul and the loss of a down if by the offense.
15 yards from the point of the foul, if by the

defense. The offender may be banished from the game at the discretion of the officials.

Hacking: It shall be a foul for the ball carrier to hack, push, or straight-arm another player.

~~Penalty:~~ 15 yards from the point of the foul and the loss of a down.

Blocking: Line blocking shall be the same as regulation football. In open field, or out of the line blocking, no part of the blocker's body except his feet shall be in contact with the ground throughout the block. The blocking shall be a type of body checking with the blocker in an upright position and without the use of his hands or extended arms. Any rough tactics such as attempting to run over or batter down an opponent must be penalized as unnecessary roughness. Unnecessary roughness may be declared if the blocker uses knees or elbows in blocking.

~~Penalty:~~ 15 yards and loss of a down if by the offense.
15 yards and first down if by the defense.

Passing: A forward pass may be thrown from any point behind the line of scrimmage. The passer is declared down if his flags are withdrawn by a defensive player or drop out without being pulled before his arm is in motion in throwing a pass. A forward pass is a pass thrown from behind the line of scrimmage over the line of scrimmage.

Downs: The team has four downs in which to score after it assumes possession of the ball. If it fails to score in four downs,

First its opponent shall take possession of the ball at the spot

Down: where the ball is declared dead on the fourth down. To obtain a first down the offensive team must complete three forward passes out of four downs.

Spinning: Spinning is allowed.

Conduct: Unsportsmanlike conduct, swearing, obscene language or actions, etc., either on or off the playing field, shall not be tolerated either by the managers or officials.

Penalty: 15 yards and immediate suspension of the offender or offenders from the game.

Miscellaneous Illegal use of flags 15 yards

Penalties: Offensive use of hands: 15 yards

Defensive illegal use of hands: 15 yards

Offside: 5 yards

Pushing ball carrier out-of-bounds: 15 yards

Ball carrier pushing his interference: 15 yards

Ineligible men downfield: 5 yards

Illegal procedure: 5 yards

Attention Managers and Officials Flag football is a game of skill both offensively and defensively. It is not a game where rough tactics are to be used. Plays and tactics should be designed to employ speed and deception rather than violent contact.

Touch Football

RULE 1-1—NUMBER AND POSITION OF PLAYERS: For groups which use the Six-Man rules, a team consists of 6 players. For schools that use the Eleven-Man rules, a team consists of 9 players. Any number of players from 4 to 11 may be used by mutual consent.

Player positions correspond to those in regulation football. Since there are no ineligibles on forward passes, line positions have little significance. **NOTE:** To permit each player to pass or kick, the teams may agree to rotate offensive positions for each down or for each series.

EQUIPMENT: Since no tackling is permitted, it is not necessary to use heavily padded equipment. Regulation football pads, headgear and cleated shoes may not be worn by any player unless the teams mutually agree to such use.

RULE 1-2-2—FIELD MARKING. The field should be marked with yardlines 10 yards apart.

RULE 2-29, 5-1 and 2, 6-2-1(a)—TOUCHING OR TACKLING: Tackling is not permitted. The ball is declared dead when a defensive player touches the runner between his head and knees with both hands simultaneously and in a flattened position. The touching may be on the runner's arm. Action against the runner, other than merely touching, is unnecessary roughness.

PENALTY: For tackling—Loss of 15.

NOTE: A one-handed touch to kill the ball may be used by mutual agreement. Some groups require each player to have a handkerchief hanging from the hip pocket. In such cases the possession of the handkerchief is substituted for touching. The game is popularly known as "tail" football.

RULE 3-1—LENGTH OF GAME: The game periods are the same as for the Six-Man and Eleven-Man games.

NOTE: The teams may mutually agree to avoid timing complications by using either of two methods: (1) If no watch is used, each quarter should end after 25 downs. (2) If no stop watch is available but an ordinary watch is used, a quarter may continue for 10 minutes running time (12 minutes by Eleven-Man Rules) without stopping the watch for time-outs.

RULE 4-2—DEAD BALL: A fumble or pass which strikes the ground is dead. A kick which strikes the ground after being muffed by a receiver is dead. A kick-off becomes dead and is a touchback if it touches anything behind R's goal line.

RULE 5—DOWNS AND LINE-TO-GAIN: In a series of four downs, Team A must advance the ball to or beyond the second yard-line beyond the spot where the first down started. (The distance will always be at least 10 yards and may be nearly 20 yards.)

ALTERNATE METHODS: By mutual agreement either of 2 methods may be used. (1) Divide the field into zones 20 yards wide. In such

cases, it is only necessary to advance the ball to the zone which is in advance of the one where the ball is located at the start of the first down of the series. (2) Use a yardage line outfit and measure exact distances the same as in regulation football. If this method is used, the yardage chain should be 15 yards in length and it is necessary to advance the ball 15 yards in a series of downs.

RULE 6-2—PUNTING: If a punt is to be made, Team A must announce it before the down starts. After such announcement, the kick must actually be made and neither team may cross the line of scrimmage until after the kick.

PENALTY: For crossing line too soon or for not kicking after such announcement—Loss of 5 and ball remains dead.

NOTE: This announcement rule may be set aside by mutual agreement, but if it is set aside, no defensive player may touch the kicker. Penalty: Loss of 5 (15 if rough).

RULE 7-4—A FORWARD PASS which ends behind the line is treated as a backward pass.

RULE 7-5—A PLAYER WHO CATCHES ANY KICK may pass the ball forward, provided he does not take more than two steps after the catch.

RULE 7-5-5—ALL PLAYERS ARE ELIGIBLE to catch a forward pass.

RULE 8-1 and 8-3—TIE GAME—ALSO, NO TRY-FOR-POINT: If the 4th quarter ends in a tie, the ball is taken to midfield and each team is allowed one series of downs. One point is scored by the team making the longest total advance in the 4 downs.

There is no try-for-point after any touchdown. The team scored upon chooses which team shall kick off.

RULE 9—BLOCKING: Blocking must be done without the use of hands or extended arms. It is a type of body checking with the blocker in an upright position. No part of the blocker's body except his feet shall be in contact with the ground during the block and rough tactics such as attempting to run over or batter down an opponent must be penalized as unnecessary roughness.

The runner may not straight-arm an opponent on the head or neck.

PENALTY: For illegal blocking by offense or defense—Loss of 15.

FOOTBALL FUNDAMENTALS

I. POSSESSION

1. A live ball is always in possession of a team.
2. A live ball is in player possession or is loose.
3. A loose ball is in possession of the team whose player was last in possession.
4. A player in possession of a live ball is a runner.
5. A player cannot fumble before gaining possession.
6. No foul causes loss of the ball.
7. After a distance penalty, the ball belongs to the team which was in possession at the time of the foul. (Team possession may then change if a new series is awarded)
8. Possession of a live ball in the opponent's end zone is always a touch-down.

II. DOWNS

9. A down begins when the ball becomes alive and ends when it becomes dead.
10. Whether the next down will be first is determined at the time the ball becomes dead and after considering any act which occurred during the down.
11. If R were first to touch a scrimmage kick beyond the expanded neutral zone, a new series will be awarded the team in possession at end of the down, unless there was a foul during the loose ball and the penalty was accepted, or there was a double foul or there was an inadvertent whistle during the kick following the touching by R.
12. The only foul which automatically causes a 1st down is pass interference by B.
13. A defensive foul during the last timed down of a period gives the offense (at the time of the foul) the right to extend a period by an untimed down if the penalty is not declined.

III. DEAD BALL

14. An official's whistle seldom kills the ball. (It is already dead)
15. No live ball foul causes the ball to become dead.
16. A dead ball may become alive only by a legal snap or free-kick.
17. Catching is always preceded by touching the ball, hence if touching kills the ball, the securing of the ball has no significance.

IV. KICKS—GENERAL

18. A kick always ends as soon as any player secures possession.
19. Receivers may catch or recover a kick and advance, except following a fair catch signal when the kick has not touched K.
20. If a kick, before being touched by K beyond his line, is caught between the goal lines and beyond the line by a receiver after he has signalled for a fair catch, it is a fair catch and the ball becomes dead as soon as it is caught.
21. A fair catch may be made of any kick (free or scrimmage) which is beyond K's line and between the goal lines.
22. Any kick (free or scrimmage) which touches anything while the ball is on or behind R's goal line becomes dead and is a touchback unless it is a field-goal attempt which strikes the crossbar or upright and caroms through the goal.
23. No kick may legally be batted unless it is an attempt to block the kick in the expanded neutral zone or behind K's line.
24. First touching of a kick by K is always ignored if the penalty for a foul during the down is accepted.

(Continued page 96)

**NATIONAL
FEDERATION**

FOOTBALL OFFICIALS' SIGNALS



Encroachment.
(Follows signal 24)



False Start, Illegal
position or procedure.
Illegal forward
handling.



Illegal Motion.



Illegal Shift.



Delay of game.
Crawling.



Personal Foul.



Clipping.



Roughing the kicker.



Unsportsmanlike conduct, Delay start of half,
Illegal participation.



Illegal use of
hand or arm.



Failure to wear
required equipment.



Illegal forward pass.



Interference with fair
catch or forward pass.



Ineligible receiver
down field on pass.



Illegally kicking or
batting a loose ball.
Also for first touching
of a kick.



Incomplete forward
pass—penalty declined—
no play or no score.



Pushing, helping runner
or interlocked
interference.



Touchback.
(Wave sideways.)



Touchdown or
field goal.



Safety



Time out.



Official's time out—
follows Signal 21.



First down.



Dead Ball Foul.
(Follow with
foul signal)



Ball ready for play.



Clock starts.



Loss of down.



Grasping opponent's
face protector.



Illegal block
below the waist.

SUMMARY OF PENALTIES

	Rule Section Article	Signal
Loss of 5 Yards		
1. Delay of game or illegal substitution.....	3-7-1, 3-6-2	5
2. Encroachment	6-1-3, 7-1-1	24-1
3. False start or any illegal act by the snapper.....	7-1-2, 3, or 7-2-6	2
4. Less than 7 players on A's line at snap.....	7-2-1	2
5. Illegal position at snap.....	7-2-2, 7-2-3	2
6. Player of A illegally in motion.....	7-2-4	3
7. Illegal shift.....	7-2-5	4
8. Illegally handling ball forward.....	7-3-1, 7-3-2	2
9. Illegal forward pass by A or B (if by A the down counts—give signals 12 and 27).....	7-5-2	12
10. Crawling by the runner.....	9-6-1	24-5
11. Substitute or coach needlessly walking along sideline.....	9-7-3	5

Loss of 15 Yards		
1. Delaying start of either half.....	9-4-1	9
2. Fair catch interference.....	6-5-5	13
3. Contact with fair catcher.....	6-5-2	6
4. Forward pass interference (also the down counts if by A—give signals 13 and 27; new series if by B).....	7-5-6	13
5. Ineligible receiver downfield.....	7-5-6	14
6. Illegal blocking.....	9-1-1	10
7. Illegal block below waist.....	9-1-3&4	29
8. Illegal use of hand.....	9-2	10
9. Clipping.....	9-3-2	7
10. Tripping; striking head or neck with heel, back or side of hand; charging into player obviously out of play.....	9-3-2	6
11. Grasping opponent's face protector (also disqualification if flagrant)....	9-3-2	28
12. Invalid fair catch signal.....	9-3-2f	6
13. Roughing the kicker.....	9-3-4	8
14. Unsportsmanlike player conduct.....	9-4-1	9
15. Illegal participation.....	9-5-1	9
16. Illegally kicking a ball.....	9-5-4	15
17. Illegal batting of: a kick; or a grounded backward pass or a fumble....	9-5-5	15
18. Unsportsmanlike conduct by coach or attendant.....	9-7-1	9
19. Attendant illegally on the field.....	9-7-2	9
20. Failure to wear required equipment.....	9-3-2g	6-11
21. Helping the runner.....	9-2-2	17

Disqualification Associated with Certain 15-Yard Penalties

1. Striking, kicking, kneeling, spearing.....	9-3-1	6
2. Any act listed above if unduly rough or flagrant.....	9-3-2, 3	9
Forfeiture of Game is not a penalty but is an edict by the referee.		
Failure to play within 2 minutes when ordered by the referee (3-6-4) or repeatedly committing fouls to delay the game.....	9-8-2	9

Measurement Reduced to Half Distance to Goal Line

- When measurement spot for a 15-yard or 5-yard penalty is inside the offender's 30 to 10 yardlines, respectively.....

(Continued from page 93)

V. FREE-KICKS

25. The rules for the three free-kicks are the same. (Exception: a kick-off or a punt following a safety cannot score a field-goal).
26. Free-kick lines are always 10 yards apart.
27. A free-kick is not repeated unless a foul occurs prior to change of possession and the penalty is accepted or there was a double foul.

VI. SCRIMMAGE-KICKS

28. Touching of a scrimmage-kick is ignored if it occurs in the expanded neutral zone or behind K's line. (Such touching may cause the ball to go out-of-bounds)
29. A scrimmage-kick recovered behind K's line may be advanced by K or R.

VII. PASSES

30. A player who is eligible at the start of the down remains eligible throughout the down.
31. Offensive interior linemen are prohibited from advancing beyond the line only during a forward pass which crosses the line.
32. A handed ball is not a pass.
33. Any pass in flight may be batted in any direction unless it is by an ineligible or it is a backward pass batted forward by the passing team.
34. A forward pass interference foul can occur only in advance of the neutral zone.

VIII. BLOCKING

35. Blocking by either team is always permissible unless it is fair catch or pass interference, unnecessary roughness, below the waist after a free-kick is made or a scrimmage-kick has crossed R's line (unless to stop the runner) or by a receiver before the kick has ended following his signal for a fair catch.

IX. FOULS

36. No live ball foul causes the official to sound his whistle immediately.
37. A live ball foul followed by a foul by the opponents after the ball becomes dead is not paired as a double foul.
38. It is a foul to bat any loose live ball which has touched the ground.
39. A foul during a try-for-point is not paired with a dead ball foul to make a double or multiple foul.
40. A double foul results only when both teams commit fouls during the same live ball period unless team possession changed during the down and the foul by the team in final possession was prior to the change or if there were a change of possession and the team in final possession accepted the penalty for its opponent's foul.

X. PENALTY MEASUREMENT

41. The distance penalty for any foul may be declined.
42. Penalties are either 5 or 15-yards.
43. Any live ball foul (except a foul by the defense during a down which results in a successful field-goal or touchdown or during a successful try-for-point) is penalized according to the all-but-one enforcement principle.
44. Measurement for any dead ball foul is from the succeeding spot.
45. The penalty for any one of the 4 illegal passes is a loss of 5 yards and the down is counted except for a forward pass following change of team possession.
46. The penalty for offensive pass interference includes the loss of down.
47. No penalty directly results in a safety but, if a distance penalty is measured from behind the offender's goal line toward his end line, it is a safety.
48. The penalty for a live ball foul by the defensive team is administered from the basic spot, except when that spot is in the endzone, or when the foul occurred during a successful field-goal or touchdown.



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